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United States Sever Association



NINETEEN - THIRTEEN

THE BALSAMS

Dixville Notch, N. H.

THE FARTHEST NORTH OF
NEW HAMPSHIRE RESORTS

Unique in its situation and unexcelled in its beauty. A high-grade modern hotel, with every comfort, yet set in Nature's wilderness.

We refer with pride to the unparalleled hay-fever record of Dixville Notch as found in the reports of this Association.

The high latitude and altitude (2,000 feet), the surrounding miles of forested lands, the absence of irritating pollen (no rag-weed) and of all cultivated flowers, the distance from the railroad (10 miles) all combine in making this location "*perfection itself*" for hay-fever sufferers.

Booklet on request.

CHAS. H. GOULD, Manager.

The United States Hay Fever Association

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The Fortieth Anniversary Report Nineteen - Thirteen

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THE UNITED STATES HAY FEVER ASSOCIATION

Organized 1873

Continuation of
23 JUL 1964 RECEIVED

Officers for 1913

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REV. GUY ROBERTS
Bethlehem, N. H.

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A. J. DEXTER, Bethlehem, N. H.
H. D. ROGERS, Boston, Mass.

and the officers

Greeting from the President

BETHLEHEM, N. H., July 1, 1913.

To Our Members:

Forty years ago the United States Hay Fever Association came into existence as a joke. But very soon it was discovered that real service might be rendered hay fever sufferers through organization. The "joke" became a "practical" one and has so remained to date.

On this fortieth anniversary we still believe that hay feverites will find Bethlehem, in the White Mountains, the most practical of all immune places in the eastern section of the United States, and from this "Mecca" we extend to all sufferers a most cordial welcome.

This retreat immortalized by Helen Hunt Jackson as "only a little village street lying along the mountain side," has given place to an enlarged, modernized, and greatly beautified village, with miles of concrete walks, a tarvia main street, plenty of shade, well-kept buildings, tidy lawns, sprinkled streets, modern sewerage, ample play grounds, inspiring scenery, invigorating air, the purest of mountain spring water, well equipped churches, concerts, sports, golf, and social life galore, amid which hay-fever sufferers will invariably find complete immunity or the greatest possible relief, and for whose comfort our thirty-four hotels and summer houses make every provision.

GUY ROBERTS, President.

SNEEZELETS

The Fortieth Annual Convention of the Association will be held at Bethlehem, N. H., in the White Mountains, on Wednesday, August 27th, 1913, at 3 P.M. An unusually interesting program has been provided, to be followed by informal discussion and personal experiences as to places and remedies. An adjourned meeting for election of officers and other business will be held on Thursday, August 28th.

Membership.—As the object of the Association is the seeking for information which will serve to relieve sufferers with hay fever and their mutual benefit and comfort, not only hay-feverites, but the townspeople and proprietors of hotels of places exempt from hay fever, the manufacturers of remedies for hay fever, and especially physicians who have made a study of this disease are invited to become members of the Association, that all may work together for the best results.

Requests.—In order to revise the table of places exempt or otherwise, the Secretary requests members of the Association to advise him of their personal experiences in those places or elsewhere; also to fill out and return the question blank herewith as promptly as possible after the hay fever season closes. Send names and addresses of all hay-feverites to the Secretary.

Expenses of the Association are defrayed by voluntary contributions, and also the annual dues, fifty cents, which are payable on January 1st of each year. One Dollar may be paid for two years. Money orders and postage may be sent to the Secretary-Treasurer, to whom also all other communications should be addressed.

Bethlehem, N. H., the home of the annual convention, has continued the village appropriation toward the expenses of the Association. The village officers realize that the popularity of Bethlehem as a resort for hay-feverites depends upon its co-operation with the Association. Continued immunity in Bethlehem requires constant vigilance on

the part of all property owners to destroy all noxious weeds and plants.

Anti-Weed ordinances are on the books of most municipalities, but that is about all that can be said of them. Let every hay-feverite write to his local Board of Health, calling attention to specific places where the sharp edge of a scythe will prevent the spread of pollen before the blossoming period arrives. Enforcement of the ordinance will relieve the distress of many sufferers.

Legal Relief.—Mr. E. K. Lundy, one of our Washington members calls attention to the Amendment to the "Food and Drugs Act, 1906" which was passed by Congress last Summer and approved August 23, 1912. This amendment declares illegal any preparation of drugs which is *misbranded* "If its package or label shall bear or contain any statement, design or device regarding the curative or therapeutic effect of such article or any of the ingredients or substances contained therein, which is false and fraudulent." Hay-feverites have often been the victims of misrepresented proprietary preparations, but they need no longer suffer the loss of money or pangs of disappointment, from misstatements made by unscrupulous persons while exploiting their nostrums.

Members are urged to call the attention of the Chief of the Bureau of Chemistry, U. S. Department of Agriculture, Washington, D. C., to any flagrant cases that may be found. Report should also be made to the Secretary of the Association.

The Department of Agriculture has declared the following nostrums *misbranded*:

Ryno's Hay Fever and Catarrh Remedy. [*Notice of Judgment No. 323.*]

Az-Ma-Syde for Asthma. [*Judgment No. 727.*]

Hair's Asthma Cure. [*Judgment No. 837.*]

Munyon's Asthma Cure. [*Judgment No. 874.*]

Tucker's Asthma Specific. [*Judgment 1077.*]

Stello's Asthma Cure. [*Judgment No. 1179.*]

Bibliography.—The Association has quite a collection of pamphlets on the subject of Hay Fever. Members are requested to send to the Secretary, copies of any booklets, articles, or clippings which may come to their attention. It is intended to publish the list in the next annual Report.

New York Meeting.—A successful meeting of the members in the New York district was held in Manhattan on the evening of June 18. Professor P. A. Maignen, of Philadelphia, presented a paper on "The Cause of Hay Fever." He stated that a germ identical in Asthma, Rose Cold, and Hay Fever cases had been discovered by him and he supported his statements by many letters from persons who had been treated in the clinic of the Maignen Institute. One of the members was treated during the evening and the same germs described in the paper, were found and shown through the microscope. The audience, both lay and professional, was so much impressed by the demonstration that they requested the publication of the paper in this Report.

Advertisers.—On request to any firm, members may secure the names and address of persons who claim to have been helped, and further details. To those members who can only find relief in change of climate, we heartily commend the Hotels listed herein, as especially suitable. Please mention this Report when writing to the advertisers.

REPORTS FROM THE FRONT

Victory and Defeat in 1912

EXPERIENCES OF MEMBERS

Man, Phila., used Maignen's Powder at height of hay fever in August and relief was almost instant. After two home treatments suffered no inconvenience balance of season.

Man, Missouri, victim 40 years. Free at Hot Springs, S. D.

Boy, Joliet, victim 9 years. Free at Chester, N. S.

Man, Baltimore, victim 35 years. Used Nazeptic Wool in traveling. Relief at Point o' Woods, L. I., except when land breeze blew.

Man, New York, victim 33 years. Uses vaseline with methol. Entire freedom at Campobello.

Woman, New York, victim 35 years. Free in Nova Scotia.

Woman, Newton, victim 9 years. Free in Bethlehem.

Man, Phila., victim 50 years. Free at Dixville Notch.

Man, Phila, victim 47 years. Relief at Marblehead, Mass.

Man, Tampa, victim 15 years. Free in Germany 1910. Given up all medicines and feel better. Relief at Bethlehem.

Man, Washington, victim 33 years. At Atlantic City was free subsequent to Sept. 15, and previously was partially relieved by ocean breezes. Used Lactobac-cilline preparations of Franco-American Ferment Co. with no relief.

Man, North Somerville, victim 10 years. Free four seasons at Moosehead Lake.

Woman, New Haven, victim 35 years. Used Armstrong's Induction-Galv.-Farad-treatment. Free with exception of 3 days after September 9.

Man, Chicago, victim 10 years. Used Pollantin part of time with partial relief. Relief at Harbor Springs, Mich.

Man, Phila, visited Bethlehem past two years and found ragweed increasing. Some relief in two weeks' visit.

Man, Albany, victim 42 years. Had very little trouble in Bethlehem.

Man, New York, victim 9 years. Traveled in Massachusetts during August. Used Rhinoculin and Inspirator with considerable relief.

Man, Asheville, victim 7 years. Whittled down a menthol pencil and inserted in upper portion of nostril with almost immediate relief. No recurrence of difficult breathing or cough after using.

Man, Long Island, victim over 20 years. Used nasal filter in fields of golden rod and ragweed. Splendid relief.

Man, New York, victim 20 years. Took Armstrong's Induction-Galv.-Farad-treatments in 1911. Spent August in southern Ohio in ragweed region with slight inconvenience in mornings. Afternoons and evenings free. Returned to New York, September 5 and free balance of season.

Man, Hartford, victim many years. Nozox has prevented many colds, and in every instance checks the aggravating features of hay fever.

Man, Atlanta, victim 15 years. LaDow's Asthma Specific practically cured the rasping sensation in breathing.

Man, Linesville, Pa., victim 2 years. Treated by Gem Violet Ray generator, beginning one week after attack started. Relief after second treatment. Complete relief during and after three weeks treatment.

Woman, Linesville, victim 22 years. Severe case. Treatments daily began August 14. Attack began 21st in mild form and continued so balance of season. Used Gem Violet Ray generator.

Man, Phila, victim 38 years. Used Maignen's Pulv. in 1911, and in one week was free for season. In 1912 had same experience. In 1913 expects to begin treatment before day of attack.

Man, Washington, victim several years. At Atlantic City used Maignen's Pulv. Relieves a bad attack in a very short time.

Man, Phila. Tried Maignen's Pulv. last September and found it entirely satisfactory and a complete cure for hay fever.

Woman, Moorestown, N. J., victim 34 years. In August secured Maignen's Pulv. at Atlantic City on way to train. Reached home 10 p.m., took a treatment and had a fairly good night. In morning took another treatment and rode in auto to *peach* farm, bringing home peaches in the car. After another treatment and lunch had auto ride until dinner time. *Sneezeless* during entire time. After third day was free.

Man, New York, victim for years. Began to use Rollerine last year when attack was fully developed. Found permanent relief from the second day. After few days occasional use there was no relapse, but the feeling of a very slight cold.

Man, New York, victim 6 years. Rollerine relieved Rose Cold after five treatments.

A Trip Thru Canada

Dr. J. E. Hett, of Berlin, Ontario, writes as follows :

"This year, 1912 I went to Saskatchewan and Alberta. There I found no ragweed but golden rod is to be seen along the railroad. I went first to Edmonton and two hundred miles further as far as Yellow Head Pass, and then returned south to Calgary on the 15th of August when Hay Fever set in. After suffering for twelve hours proceeded to Banff where frosts had already set in, and at Laggan where I was entirely free. It was delightful traveling through the mountains until I reached Hamloops, and from there to within twenty-five miles of Vancouver the suffering was severe. The cause could be readily seen by the large sized golden rod in the dry district. At Vancouver I was entirely free and then I proceeded to Victoria and Vancouver Island, where I remained over three weeks. There I was entirely free and found the climate ideal. There is no Hay Fever in Vancouver Island, but if proper precautions are not taken that beautiful island will have some golden rod growing along the railroad lines and trouble will follow.

"As soon as frost had set in on the prairies about September 25th I returned to Saskatchewan and Alberta where the air was fine. I remained there until October 18th when I returned and was all right until I reached Chicago. There the sneezing was fierce, so I proceeded to the outskirts along the lakeside for a day where I was free and then returned home to Berlin.

"This experience clearly demonstrated that it takes a good hard frost to kill the pollen in a large city. So much of the pollen can exist in houses and protected places that they are not destroyed until some time after the pollen has been destroyed in the open country.

"I am writing this hoping it will aid others to understand why they may be free at one place and not at another."

ROSE COLD, HAY FEVER, ASTHMA

THE CAUSE AND THE REMEDY

By P. A. MAIGNEN

Founder of
The Maignen Institute for the Study of Bacterial Diseases,
Philadelphia, Pa.

Assoc. Am. Soc. of Civil Engineers, M. Engineers' Club of
Philadelphia, Am. Inst. of Mining Engineers, Am. Chemical
Society, Am. Water Works Asso., Am. Public Health
Asso., Am. Asso. for the Advancement of Sciences,
Asso. Gen. Hygienistes, Paris.

Among the disorders which have baffled Medical Science from time immemorial none has been so puzzling or devoid of sympathy as Hay Fever or its forerunner Rose Cold and its complication Bronchial Asthma.

In the acute stage of the disorder the victim says he does not care whether he lives or dies, and when the season is over he forgets all about it. The sufferers from Rose Cold or Asthma usually stay at home but the "victims" of Hay Fever who can afford it go to the mountains or cross the ocean for relief, and many join the United States Hay Fever Association in the hope that the aggregate experience of the members will some day bring forth a remedy.

If we consult the medical text-books for enlightenment we find a great variety of definitions:

"Hay Fever (Autumnal Catarrh)," says Osler, "is an affection of the upper air passages, often associated with asthmatic attacks, due to the action of the pollen of certain grasses and plants upon a hypersensitive mucous membrane. . . . The disposition to the disease is hereditary."

Other authors say: "It is the result of a "neurotic-habit (abnormally-susceptible nerve-centres) . . . a morbid condition of the nasal mucous membrane."

"Asthma," says Osler, "is a term which has been applied to various conditions related to dyspnea (shortness of breath) hence the name Cardiac Asthma (in heart disease) and Renal Asthma (in

Bright's Disease), but its use should be limited to the affection known as Bronchial or Spasmodic Asthma."

Other authors tell us that there is a Dyspeptic Asthma which they attribute to "nervous reflexes through the pneumogastric nerve." They also say that Asthma is due to spasms of the bronchial muscles. . . . to swelling of the bronchial mucous membrane. . . . inflammation of the small bronchioles, etc.

These definitions refer to symptoms and not to the cause. The only reference to a possible cause of Hay Fever is that relating to the pollen of plants. In this connection Price-Brown (Diseases of the Nose and Throat) says:

"We find many of our cases residents of our large cities, where little pollen can be possible in the air of respiration. . . . I know a case of a gentleman who has a periodic attack of Hay Fever for a month every year commencing near the end of August. His worst exacerbations occur during the night-time; but he can go daily and sit to read in a large public garden, filled with flower-beds and exotics, without feeling any inconvenience from the pollen rising from them."

"The exact cause of Asthma," says Bulletin 393 (U. S. Bureau of Chemistry), "is not definitely known by the medical profession at present. There is no known treatment which will eradicate the disease."

The etiology of Hay Fever and Bronchial Asthma, as we see, is very uncertain and it is natural that the remedies suggested should be varied and of a tentative nature.

Among those recommended for Hay Fever are:

1st. The administration of Arsenic, Phosphorus, and Strychnia.

2nd. The surgical destruction of the vessels and sinuses over the sensitive areas.

3rd. An antitoxin prepared from pollen.

4th. Dwellers in low lands are told to go the mountains.

And for Asthma:

5th. Whiffs of Chloroform.

6th. Hypodermic injections of Pilocarpin.

7th. Nitrate of Amyl.

8th. Morphine and Cocaine.

9th. Belladonna, Henbane, Stramonium and Lobelia.

10th. Cauterization of the mucous membrane of the nose.

11th. Compressed air and oxygen inhalations.

12th. Iodide of Potassium.

13th. Thyroid Extract and Adrenalin.

14th. Diet.

The explanations given by the Hay Fever victims as the cause of the "attack" are bewildering:

(a) One starts sneezing at the sight of a flower.

(b) Another immediately after eating water-melon.

(c) With others it is the odor of animals or perfumes which, they say brings on the attack.

(d) It is reported that an old Hay Fever patient had a violent attack by merely gazing upon a picture of new mown hay!

(e) A victim of Hay Fever starts for Europe to escape the disease, and everything goes well for a time, but when the ship strikes the Gulf Stream with its balmy breeze down goes the victim with the old trouble.

(f) Another crosses the ocean without suffering and he remains well so long as he is in Europe, but when he returns to New York he starts sneezing again.

(g) Still another sufferer, who has paid much attention to his own case, says: "A south or south-east wind suits me well, but a north or northwest wind affects my eyes and throat immediately." Asthma in this victim is brought on by humid or sultry air; a warm rain in Washington, D. C. affects him, a cold rain does not. When he is in the White Mountains the direction of the wind has no influence on him; and he is not affected by a five acre field of golden rod within 100 yards of his hotel at Bethlehem, N. H.

(h) Some Hay Fever victims go into Cold Storage Warehouses for a while to get relief.

(i) Those who go to Atlantic City for the sea breeze find the land breeze most disastrous.

* *

The practical information acquired by the clini-

cal study of many cases of Rose Cold, Hay Fever, and Asthma, enables us to state that :

(1) Heredity has nothing to do with these disorders; they are always acquired, may be from earliest infancy.

(2) The pollen of plants is not the cause of the disease. Like other particles of dust it has a tendency to irritate the mucous membrane which has been rendered sensitive by the disease, nothing more.

(3) The so-called Neurotic-habit, spasms, and swelling of the bronchial mucous membrane are the effects and not the cause of the trouble.

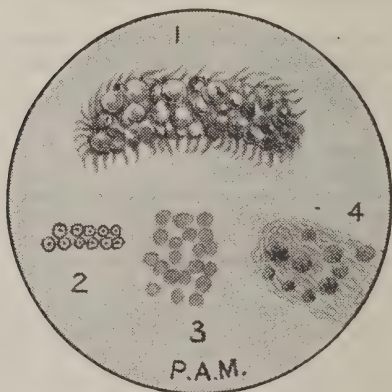
(4) Flowers, watermelons, feathers, and odors are with Hay Feverites what strange noises are with timid children or a red flag before a bull—some form of psychic influence.

(5) *The real cause of Rose Cold, Hay Fever, and Bronchial Asthma is the presence and domestication in the respiratory tract of special "germs" whose development is influenced chiefly by temperature and humidity.*

Judging from experience in bacterial diseases the writer has long entertained the idea that Hay Fever, Rose Cold and Asthma were disorders of parasitical origin. Acting on this belief he has recommended during the past four years the sterilization of the Respiratory Tract and the results have been most satisfactory. The recent discovery he has made of a "Special Germ" in the discharge from the nose and lungs of the sufferers has placed his theory on a scientific basis.

He had made a practice of examining the sputum of all the patients who came to the Free Clinic of the Maignen Institute for the Study of Bacterial Diseases, and he had become familiar with the microscopical appearance of the dark spotted tenacious matter raised in common colds, the yellow discharge in loose (broken) colds, the yellowish grey matter in moist catarrh, the offensive green chunks of dry catarrh, and the cheesy sputum of phthisis. It had never occurred to him that there could be anything to see in the colorless viscous matter raised with so much difficulty in Bronchial Asthma. He thought it must be pure unfigured mucus. Great, therefore, was his surprise, when, by one of those

accidental happenings which have marked the origin of some of the greatest discoveries, he chanced to prepare a microscopic slide with some of the sputum of a genuine case of Bronchial Asthma of 25 years' standing ; and found the quivering, shaking, bright animcules (Protozoa) as shown in figure 1 in the illustration.



- 1 represents a fully developed protozoon.
- 2 shows the comparative size of blood cells.
- 3 illustrates Catarrh or pus cells.
- 4 pictures a colony of "Common Cold" cells, in their characteristic net-like field of fibrin resembling a strawberry patch.

The Protozoa were seen first on November 18th, 1912, in the case of Miss A. and afterwards every time the patient came to the Clinic. The oppression, wheezing and rattling varied in intensity according to the number and activity of the Protozoa, which condition was dependent on the period of time allowed to pass between each visit. After this discovery great care was taken in examining the sputum of all the cases of Bronchial Asthma which presented themselves, and notably the following :

BRONCHIAL ASTHMA

Nov. 21, '12—Miss M. T. M.	Mar. 8, '13—C. H. S.
Dec. 9, '12—Miss E. E.	Mar. 26, '13—C. H.
Jan. 7, '13—A. C. B.	Mar. 28, '13—Mrs. S. K. M.
Jan. 29, '13—Mrs. A. B.	Mar. 29, '13—Mrs. H. H. S.
Feb. 6, '13—H. J.	Mar. 29, '13—E. F. S.
Feb. 12, '13—Mrs. W. A.	Mar. 29, '13—L. K. G.
Mar. 5, '13—A. P. P.	Apr. 25, '13—Miss M. W.
Mar. 7, '13—Mrs. J. C.	

All the patients were relieved by the sterilization of the nose, throat, and lungs. Those who took the treatment daily made the quickest progress.

The secret of Bronchial Asthma was solved as we have seen on November 18th, 1912. That of Rose Cold and Hay Fever on the following dates:

ROSE COLD

May 9, '13—J. W. E. L.
May 14, '13—W. J. M.
May 15, '13—Mrs. A. G.
May 19, '13—W. F. M.
May 20, '13—W. H. J.
June 3, '13—Mrs. B.
June 7, '13—W. R. B.
June 7, '13—Mrs. S.

HAY FEVER

May 22, '13—W. W. H.
May 31, '13—C. F. H.
June 1, '13—Miss C.
June 2, '13—Mrs. A. McK.
June 3, '13—H. W. B.
June 3, '13—G. S.
June 7, '13—P. J. D.
June 11, '13—A. C. T.

The self-same Protozoa were found in each and every case of Rose Cold in the discharge from the nose, and also in cases of Hay Fever whose attack was not due until August next; the Protozoa were in the inner part of the nose, they were active but not in sufficient number to make their influence felt.

TREATMENT.

The practice of sterilization recommended by the Maignen Institute, followed in all the cases referred to above, consisted of the following processes.

FOR ROSE COLD AND HAY FEVER.

Dry Treatment:

1st. Inhaling up each nostril a fine cloud of Maignen Antiseptic Powder three times in succession, using a rubber powder blower.

2nd. Inhaling the cloud and blowing also three times in succession through each nostril.

3rd. Inhaling the cloud six times by the mouth and exhaling three times through each nostril.

The Powder has a solvent action on the mucus (as well as on the Protozoa) and it loosens it so that it is easily expelled on sneezing and blowing.



Wet Treatment :

4th. The quantity of Powder raised on a dime (heaping) was added to a glass of lukewarm water, a teaspoonful of the mixture was sniffed up each nostril and blown out, three times in succession.

5th. Gargling three times.

6th. Washing the eyes twice with absorbent cotton steeped in the mixture.

7th. Another mixture was made by adding the quantity of Powder raised on a dime (heaping) to a quarter of a glass of warm water. Half a teaspoonful of the mixture was poured in the throat behind the tongue with the head well thrown back, held a while and then swallowed. This was done four times in the centre of the throat, and twice on each side to sterilize the tonsils.

8th. Half the quantity of Powder raised on a dime (scant) was added to a tumbler of hot water, stirred and sipped.

For Asthma follow the indications 1, 2, 3, 4, 5, 6, 7, and 8, and in addition inhale the Powder by the mouth, swallow the cloud, practicing deep breathing, until you raise 4, 6, or 8 sputa. Be not afraid of sneezing or coughing; in Bronchial Asthma there is no danger whatever because the blood vessels of the lungs are not eroded.

The Powder makes coughing easy and productive, so long as there is anything to raise. The improvement is measured by the general comfort felt after the sterilization and by the fact that the patient

can take a greater number inhalations without coughing. When 50, 75, or 100 inhalations are taken without coughing, he is cured.

The effect of this process of sterilization has in all cases been beneficial and all have been made well—some in a few days and others in a few weeks. If, through neglect or a sudden change of temperature from cool to very warm, in cases that are not yet “cured,” the symptoms return, the Protozoa are found in great number in the discharge; but a few more treatments overcome the condition and the “victims” are made well again. All they have to do to keep well is to sterilize the mucous membrane anew at the first symptom of the old trouble or of a fresh “Cold.”

The identity of the Protozoa in each of these three forms of the respiratory trouble—Rose Cold, Hay Fever, and Asthma is a most interesting fact. It opens up a very large field of inquiry and it will afford explanation for many of the vagaries of the disease.

A. What is the difference between Rose Cold, Hay Fever and Bronchial Asthma?

The discharge in Rose Cold is characterized by almost pure cultures of the Protozoa in the nasal cavity; that of Hay Fever has, concurrently with the Protozoa, the yellow pus cells. The eyes, the pharynx and the tonsils are involved. In Asthma which is an invasion of the bronchial tubes by microorganisms from the upper air passages, we have, in addition to the Protozoa, the strawberry-patch-like growths characteristic of “Common Colds,” and also the Von Curschman’s Spirals which give the idea of loose curls of hair with a phosphorescent ridge in all their length; the writer believes that these spirals are the work of the Protozoa.

The Protozoa or animal-like microorganisms in general are not active in cold weather. We all know how a few degrees on the thermometer, particularly when accompanied by moisture, are favorable to bacterial activity. In the laboratory, artificial cultures which would develop in 48 hours at room temperature, grow in 24 hours at body temperature. Meat, fish and other perishable food can be kept many days in winter without decomposition whilst in summer they may be decayed in a few hours.

Microorganisms are like the crops in the field, they grow best under the influence of moist heat. In May and August we have days of extreme changes—great heat in the day and cool nights—which produce dew and fog. This is evidently the condition best suited for the development of the microorganisms out of the body and at the entrance into the body—the nose. We have seen this repeatedly at Atlantic City last summer and in Philadelphia lately. Sufferers taking treatment would make good progress when the temperature was moderate and comparatively cool, but a land breeze at Atlantic City or a warm night in Philadelphia would make the Protozoa and the pus cells multiply so much as to create great discomfort and call for fresh treatment. Now we can understand why the Hay Fever victims who go to the mountains or cross the seas are comfortable—the cool dry weather is not favorable to the growth of the microorganisms.

B. Why are some people affected and not others?

The same question might be asked about any other bacterial or parasitical disease. As a matter of fact we are not all exposed in like degree to infection. Certain people take care of themselves and others do not. One person goes in an open trolley car at night insufficiently clad; another, after a dance or strenuous exercise, seeks the coolness of the night air; others sit or work under a fan or in a draughty place, and so forth. "Germs" are most numerous in low lands and confined places. The two conditions combine to give Summer "Cold," which develop into Rose Cold and Hay Fever because, at this time, the Protozoa are most active and find in the excess of mucus poured out under the influence of exposure, the moisture and heat necessary for their development.

Now as to the remedy.

The Maignen Antiseptic Powder consists of four mineral salts—two alkaline and two acid. When in a moist environment many reactions are produced; nascent gases are set free and fresh salts are formed, the effect of which is to destroy the bacteria or Protozoa as well as to dissolve the gelatinous filaments which are associated with the characteristic cells in the Respiratory Tract. This

can be watched on the slide of a microscope. You can see the Protozoa, the pus cells, the large opaque round cells, and the mycellium or cobweb-like net work gradually disappear or dissolve. If the viscous fluid of Bronchial Asthma, which is almost like candy in tenacity, be collected and kept over night, with a little powder added, it is found fluid like water in the morning. Experience in every case has shown that the same dissolving action takes place in the nasal cavity and in the bronchial spaces.

After a succession of daily sterilizations you can see that the cells in the discharge appear lighter and fainter, day after day, the Protozoa have no more ciliae and consequently no more motion; the opaque cells become less opaque and all the figured matter gradually disappears. The Respiratory Tract is now free from "germ" or obstructing material, it has returned to normal condition like in the well man and all we have to do to remain well is to make sure that both nostrils are kept perfectly free and open. This can be assured by the continued use of the Maignen Antiseptic Powder which is not a drug or a medicine, but on the contrary a food, known in Physiology as "inorganic principles of the first class" or matters necessary to sustain the life of the body.

WHERE TO GO

PLACES VISITED BY MEMBERS

Locality	Exempt	Not Exempt	Partially
Adirondacks, Interior.....	20	8	8
Ashland, Wis.....	3		2
Atlantic City, N. J.....		11	5
Banff, Can.....	3		
Barton, Vt.....	4		2
Bayfield, Wis.....	7		1
Beach Haven.....	3	15	6
Bethlehem, N. H.....	100	23	65
Block Island.....	1	7	4
Blue Mt., Adirondacks.....	6		5
Bretton Woods, N. H.....	41		2
California.....	6	7	5
Camp Diamond, N. H.....	2		2
Campobello.....	47		
Canadian Lakes.....	5	5	5
Cape Breton Island.....	5		3
Capens, Moosehead.....	1		
Catskills.....	2	20	4
Chester, N. S.....	1		
Colebrook, N. H.....	7	5	5
Colorado.....	3	6	3
Connecticut Lakes, N. H.....	3		
Crawfords, N. H.....	9	1	2
Digby, N. S.....	13		6
Dixville Notch, N. H.....	52		6
Eagle's Mere, Pa.....	1	7	6
Europe, generally.....	17		2
Eastport, Maine.....	5	3	9
Fabyans, N. H.....	45		2
Fire Island.....	1	7	6
Franconia.....	6	2	9
Georgian Bay, Can.....	3		
Glen Ayre, N. C.....	11		
Halifax, N. S.....	4	5	6
Harbor Springs, Mich.....			1
Hot Springs, S. Dak.....	1		
Jefferson, N. H.....	26	3	15
Jefferson Highlands, N. H.....	6		4
Keene Valley.....	3	4	5
Kineo, Maine.....	10		
Lake Placid, Adirondacks.....	10	9	11
Littleton, N. H.....	1	6	3
Loon Lake, Adirondacks.....	4		2
Mackinac Island.....	8	5	14
Maine Coast.....	4	6	5
Marblehead Neck, Mass.....			1
Marquette.....	4	2	7
Martha's Vineyard.....	2	9	3
Montreal.....	3	7	6
Moosehead Lake Region.....	9		4

WHERE TO GO—Continued

Locality	Exempt	Not Exempt	Partially
Muskoka Lakes, Canada.....	10	2	7
Nantucket.....	1	7	
Ocean, exempt to most.....			
Petosky.....	4	9	11
Point of Woods, L. I.....	1		
Prince Edward Island.....	10		
Rangeley Lakes.....	20	2	12
San Diego, Cal.....	2	2	3
San Francisco.....	4	6	
Saranac Lake.....	2		
Sault Ste. Marie.....	6		3
St. Andrews, N. B.....	12	2	5
Stamford, N. Y.....	3		1
Sugar Hill, N. H.....	7	3	8
Summerside, P. Edw. I.....	2		
Superior, Wis.....	2		1
Twin Mountain.....	13		5
Upper Bartlett, N. H.....	1	1	
Willoughby Lake.....	3		
Yarmouth, N. S.....	9	1	2

NOTE.—Since conditions at the above places are subject to change, members are urged to report annually the results of visits at these places or others not mentioned herein.

THE INN CAMPOBELLO ISLAND Opposite Eastport, Maine

10,000 acres of forest, field and shore ; everything the best ; sensible homelike cooking ; vegetables, milk, cream, poultry, eggs, etc., from our own farm ; fish, lobsters, clams, etc., from surrounding waters direct to table.

Good roads and bridle paths ; golf, tennis, shooting and fish galore.

Ideal summer climate ; no mosquitoes ; no humidity. Casino and ball room, billiards and bowling ; cottages and tents. Suitable sites for those desiring to build.

HAY FEVER RECORD, 1912, 100% IMMUNE.

For booklet address :

THE CAMPOBELLO CORPORATION
CAMPOBELLO, N. B.

THE TREATMENT OF HAY FEVER BY HYPODERMIC INOCULATIONS OF POLLEN VACCINE

By J. FREEMAN, M.D., OXON,
of St. Mary's Hospital, London, England,
Sir A. E. Wright, M.D., F.R.S., Director.

The work at St. Mary's Hospital with regard to Hay Fever Inoculation was commenced by my friend and colleague, Mr. L. Noon. He worked on the problem for a year, became too ill to work and has since died. A paper summarizing his work up to the winter of 1910-1911 was printed in *The Lancet* June 10, 1911. I continued the work he left and my results are shown by the summer of 1911 and were printed in *The Lancet* September 16, 1911. Later I wrote for Parke, Davis & Co., a pamphlet bringing my ideas about the inoculations more up to date.

This method of treatment is undoubtedly successful, the most desperate cases have become quite immune, actually going into hay fields, and in one case helping to collect the pollen which was to be made into a vaccine. This immunity also seems to last fairly well as far as we have had time to test it; the patients who were successfully immunized in 1911 are still immune or only slightly affected.

On the other hand this process of inoculating during the winter and spring is tedious, and if the case is only slightly affected it is difficult to get the patient to take all this trouble.

With regard to the paper in 39th annual Report for 1912 by Dr. Scheppegegrell, I think he is working on the right lines, but I am sure that in England and Germany at any rate the disease is not caused by one particular plant; one can, by the optharmo-reaction described in Mr. Noon's paper, mentioned above, make an estimate of the toxicity of the various pollens, and from this we found that the grasses are by far the most toxic. Rye and Timothy-grass yield the strongest pollen extracts I have found so far, but the various grasses are all of them more or less toxic. I do not think the toxin in the different grasses varies, because (A) they keep the same ratio of toxicity with regard to the different patients,

and (B) a patient immunized with one becomes immunized against others as measured by the ophthalmo-reaction.

Most of my patients have the idea that it is "only the roses," or "only the daisies," or "only the carnations and pinks," and so on, which affect them, but where I have been able to test this they were quite unaffected by the pollen of the plant they name, and are uniformly affected by the grass pollens. Dunbar, of Hamburg, who has tested the point much more fully, confirms this.

HAY FEVER and HIGH FREQUENCY

Progressive physicians are adopting electrotherapy and all hospitals are equipped with high frequency outfits. One of the working objections to it is the noise and the flash of the spark-gap. This fault has been eliminated in the **Rogers Violet Ray Generator**, the only high frequency apparatus on the market without a spark gap.

*HIGHEST IN EFFICIENCY
LOWEST IN PRICE*

Rogers Electric Laboratories Co.
Cleveland, Ohio

Universal Sales Agency, Inc.

Distributors for Greater New York
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Hay Fever or Rose Cold

While Murine Eye Remedy is especially compounded for the direct treatment of Diseases of the Eye, it has in many cases proven its virtues in the hands of Hay Fever sufferers inasmuch as any Remedy Alkaline in reaction that is applied to the Eyes will, if the Nasal Duct is in its normal condition, pass directly through into the Posterior Nares and coming in contact with the delicate Schneiderian Membrane in the Nose act as an antispasmodic and antiseptic, thus alleviating congested conditions.

Again, many Sufferers from this annoying Disease have discovered a most decided source of relief by applying Murine Eye Remedy directly through the Nasal Passages, drop by drop rather than by pressure, while in a reclining position. The entire contents of a Murine Eye Medicine Dropper may be used in one application.

Some Nose and Throat Specialists employ Murine Eye Remedy as a Spray, using an ordinary Atomizer for this purpose. The contents of a Bottle of Murine is emptied into the Atomizer and the Murine sprayed into the Nostrils. Murine Eye Remedy being absolutely devoid of irritation, is a soothing and pleasant application to the Inflamed, Irritated Mucous Membrane of the Nose, and may be applied directly to the Eyes as well as through the Nasal Passages. Do not use the same Bottle or Dropper for application through the Nostrils that is used in making the application to the Eyes on account of the danger of infection.

When Your Eyes Need Care Try Murine Eye Remedy. No Smarting—Feels Fine—Acts Quickly. Try it for Red, Weak, Watery Eyes and Granulated Eyelids. Illustrated Book in each Package. Murine is compounded by our Oculists—not a "Patent Medicine"—but used in successful Physicians' Practice for many years. Now dedicated to the public and sold by Druggists at 25c and 50c per Bottle. Murine Eye Salve in Aseptic Tubes, 25c and 50c.

Murine Eye Remedy Co., Chicago

IMMEDIATE RELIEF

For Sufferers of Hay Fever

BY THE USE OF

DENNIS

EUCALYPTUS OINTMENT

Testimonials from members of U. S. Hay Fever Association with request to introduce to members induces us to present this advertisement. Free sample upon receipt of card asking for same, or regular jar mailed post paid for fifty cents. Money refunded if not satisfactory.

DENNIS MANUFACTURING COMPANY

2648 Stuart Street

Berkeley, California

Resorts Where Hay Fever is Unknown

CRAWFORD HOUSE

At the gateway of the famous White Mountain Notch.

FABYAN HOUSE

The hub of White Mountain travel. Starting point of the famous cog railway to the

TIP-TOP HOUSE

Highest point east of the Mississippi.

TWIN MOUNTAIN HOUSE

Comfortable, homelike and attractive.

On the way

HOTEL BRUNSWICK, Copley Square, Boston

Absolutely fireproof, American and European plan.

Address each Hotel

BARRON, MERRILL & BARRON COMPANY

White Mountains, New Hampshire

THE PARK VIEW

H. F. HARDY

PROPRIETOR

Bethlehem, White Mountains,
New Hampshire

Open June first to October fifteenth.
Five minutes walk to golf links,
depot, churches and post office.
Electric light, steam heat and
sanitary plumbing. Table supplied
with best country produce.

BOOKLET ON REQUEST.

RHINOCULIN

IN

HAY-FEVER

as a prophylactic by preventing the penetration of the pollen into the mucous membrane, rendering the same less sensitive and more resistant to irritation ;

as a palliative by alleviating the irritation and healing the inflamed tissues.

The German Hay Fever Association reports success in 72% of all cases treated.

No morphin or cocain. External Application.

C. BISCHOFF & CO., INC.

451 - 453 Washington Street, New York, N. Y.

Hotel Lookoff

SUGAR HILL, N. H.

2000 FEET ABOVE THE SEA

Is considered by many to be more exempt from
HAY FEVER than any other resort in the
WHITE MOUNTAINS

Golf. Tennis. Croquet. Base-Ball.
Excellent Accommodations.

For booklet and rates, address :

MERRILL & SANBORN

PROPRIETORS

POLLANTIN

Dunbar's Serum Treatment

..for..

HAY FEVER

Is a decided palliative; followed
by gradual immunity after
several seasons' continuous use.

Externally Applied : : Harmless

In Powder—Liquid—Ointment

FRITZSCHE BROTHERS . . NEW YORK

DIGBY, NOVA SCOTIA

Lour Lodge

=====AND COTTAGES=====

No Hay Fever or Mosquitoes

Write for Booklet to AUBREY BROWN

APPLICATION FOR MEMBERSHIP

To the U. S. Hay Fever Association:

Enclosed is the annual fee, 50 cents, for the calendar year. The history of my case is given on the reverse side of the application. Please send information about the Association to persons below:

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Detach after filling out reverse side.

REPORT BLANK

Name.....

Address.....

Hay Fever for.....years

Season period from.....to.....

Remedy used during past year :

.....

.....

Results.....

.....

Have Rose Cold.....

Have Asthma.....

Visited places below for relief :

Name

Result

.....

.....

.....

Use separate sheet for additional information if necessary. Detach and mail to the Secretary with annual dues, 50c.



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SINCLAIR

Bethlehem, White Mountains

New Hampshire

Headquarters for United States
Hay Fever Association where
annual meetings have been
held for past 39 years. All
modern improvements. Fine
18-hole Golf Course, 5783 yards,
New Club-house—steel lockers,
shower baths, lavatories for
ladies and gentlemen, at the
Bethlehem Country Club,
Wm. McAuliffe, of the Sinclair,
President : : : : : :

*Full information given in booklet sent
on application*

Address: HARRINGTON & McAULIFFE

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United States Ever Association



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The
Forty-first Anniversary Report
Nineteen-Fourteen

THE BALSAMS

Dixville Notch, N. H.

THE FARTHEST NORTH OF
NEW HAMPSHIRE RESORTS

Unique in its situation and unexcelled in its beauty. A high-grade modern hotel, with every comfort, yet set in Nature's wilderness.

We refer with pride to the unparalleled hay-fever record of Dixville Notch as found in the reports of this Association.

The high latitude and altitude (2,000 feet), the surrounding miles of forested lands, the absence of irritating pollen (no rag-weed) and of all cultivated flowers, the distance from the railroad (10 miles) all combine in making this location "*perfection itself*" for hay-fever sufferers.

Booklet on request.

CHAS. H. GOULD, Manager.



METHODIST EPISCOPAL CHURCH
BETHLEHEM, N. H.
Annual Convention meets in this Church

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SECRETARY JEROME AND PRESIDENT ROBERTS
A snap shot at Bethlehem Convention

THE UNITED STATES HAY FEVER ASSOCIATION

Organized 1873

Officers for 1914

President

REV. GUY ROBERTS
Bethlehem, N. H.

Vice-President

WILLIAM M. PATTERSON
New York

Secretary-Treasurer

PERCY F. JEROME
125 East 27th Street, New York

Executive Committee

T. K. TUTHILL, M.D., New York
A. J. DEXTER, Bethlehem, N. H.
W. H. WARNER, Easton, Pa.

and the officers

Greeting from the President

BETHLEHEM, N. H., June 15, 1914.

To All Interested:

After forty years of continuous existence the United States Hay Fever Association start out on its third score of years, which we expect will be even more profitable than the past.

Bethlehem in the White Mountains still leads as being the most practical of all immune places for hay-feverites, and to this charming spot we bid you welcome. More than one has said,—“There is no place like Bethlehem.” Situated on the side of Mt. Agassiz, some 1,600 feet above the sea, Bethlehem is not only “beautiful for situation” but the “joy” of the whole hay fever tribe in that one is here sure to find great relief or complete immunity. Great pains is taken throughout the village to produce only such conditions as are pleasing to our sufferers. Rag-weed is unknown. Goldenrod as found here does not aggravate the disease. Dust is prevented by well sprinkled streets. The purest of spring water is supplied from the rugged sides of Mt. Lafayette. The atmosphere is clear and invigorating. Our thirty-four hotels and summer-houses provide entertainment sufficiently varied in price to meet all requirements. Scenery is here unexcelled; drives the most delightful; recreations ample, and social life most edifying.

Our efficient Secretary, Mr. P. F. Jerome, of New York City, will be pleased to aid you in all ways possible, as will also the President.

Come to Bethlehem and sneeze no more !

GUY ROBERTS, President.

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SNEEZELETS

The Forty-first Annual Convention of the Association will be held at Bethlehem, N. H., in the White Mountains, on Wednesday, September 2d, 1914, at 3 P.M. The program for the public meeting will include informal discussion and personal experiences as to places and remedies. An adjourned meeting for members only for election of officers and other business will be held on Thursday, Sept. 3d.

Membership.—The object of the Association is the seeking for information which will serve to relieve sufferers with hay fever. To this end all hay-feverites, the townspeople and proprietors of hotels of places exempt from hay fever, the manufacturers of remedies for hay fever, and especially physicians who have made a study of this disease are invited to become members of the Association, that all may work together for the best results. Expenses of the Association are defrayed by voluntary contributions, and also the annual dues, fifty cents, which are payable on January 1st of each year. One Dollar may be paid for two years. Money orders and postage may be sent to the Secretary-Treasurer, to whom also all other communications should be addressed.

Personal Request.—The Secretary requests members of the Association to detach and fill out and return the report blank herewith as promptly as possible after the hay fever season closes. Send names and addresses of all hay-feverites who may be interested in our Association, to the Secretary. The Association has quite a collection of pamphlets on the subject of Hay Fever. Members are requested to send to the Secretary copies of any booklets, articles, or clippings which may come to their attention.

Anti-Weed ordinances are on the books of most municipalities. Let every Hay-Feverite write to his local Board of Health urging enforcement of the law before the blossoming period arrives. This will relieve the distress of many sufferers. Simply by calling attention to the matter through the newspapers will help in many cases.

Report of the Secretary

United States Hay Fever Association

Since our fortieth anniversary meeting at Bethlehem in August, 1913, much interest has been manifested in the work of our Association in promoting Hay Fever discussions. Newspaper accounts, humorous and serious, have brought our organization to the attention of many persons, resulting in largely increased correspondence during the year. In medical journals and magazines there have appeared articles discussing various treatments in this country and abroad.

A number of preparations have been produced and brought to our attention as cures for Hay Fever, as follows :

Vegetene by the Gilbertus Co., Somerville, Mass. A corpuscle grower, claimed to contain no drugs and warranted purely vegetable. In tablet form. Offers free treatment to limited number requested through our Association.

The Electric Respirone, made in Cleveland, Ohio; sold at \$10.00 and used to inhale vapors through a mask. Can be attached to an electric lamp socket.

Roger's Violet Ray Generator, Cleveland, Ohio. Attached to a lamp socket. Price \$25.00. Can be used by physicians or patients.

Mukosan, by the Patho-Chemical Co., New York. Claims to be an Internal Hay Fever Palliative. 6 oz. bottle costs 90 cents and sold to physicians only.

Rollerine, prepared by E. Roller, Druggist, New York. Liquid preparation to be used with atomizer. \$3.00 for 4 oz. bottle.

As-Moon. New London, Conn. A liquid for constitutional effect and tablets for hay fever attacks. Price \$1.50.

Mo-qui-na. Durango, Colo. Simply a snuff. A dollar for one drachm bottle.

Forest Leaf. Monroe Drug Co., Rochester, N. Y.
A jelly to be applied up nostrils. Price 50 cents.

Sagine Catarrh Cure by the Sagine Chemical Co., Columbus, Ohio, a liquid at a dollar a bottle. Claims that hay fever only exists in cases of catarrh—to cure one cures the other.

Respirazone by the Tilden Co., St. Louis, Mo. Advertised in medical journals for physicians' use.

Mixed Infection Phylacogen. This product is to be used subcutaneously or intravenously. Parke, Davis Co. state that they have no evidence as to value of this product in preventing impending attacks of Hay Fever, and also make no claim for a cure.

Sodoxylin with tablets 1, 2, 3 and h. f. solution. The Abbott Alkaloidal Co., Chicago. Claims treatment is to correct acidemia and thus remove manifestations of Hay Fever. Sold to physicians only.

Nostriola Balm. Wheeling, W. Va. Put up in a collapsible tube and claimed to be antiseptic germicide. Price 25 cents.

Himalya. Detroit, Mich. Claims to act through blood, restoring nervous system to normal and renders constitution immune from Hay Fever.

Cream, made by the Leslie Co., New York. A palliative in a collapsible tube for fifty cents.

Asthmox, made by the Asthmox Co., Louisville, Ky. Saturated wafers to be burned and inhaled through a cone. Contains lobelia, bella donna and stramonium. Five dollars full treatment.

Lactobacilline-S. Franco-American Ferment Co., New York. Cultures to be "used as a biological disinfectant in putrefactive conditions progressing in body cavities." Applied with atomizer.

Hydriodic Acid. R. W. Gardner, New York. Claims to "change morbid condition of the affected mucous membrane and render innocuous the inhalation of germ laden dust or pollen." Half teaspoonful before meals.

Hectine, An arsenical preparation, given in pills or solution. Described in "American Medicine," New York, July, 1913.

Vaccination. Dr. John Freeman, of St. Mary's Hospital, London, reported his treatments in our Report for 1913, and gives further details in the "Lancet," as follows:

"Hay fever treatment by active immunization with a pollen vaccine, whether judged by statistics or by the experimental method, has succeeded, and the immunity thus acquired seems to last for one year at least after treatment has been discontinued.

"Dr. Freeman prepares his vaccine from the pollen of timothy grass, by a method invented in 1910 by the late Dr. L. Noon.

"Dr. Freeman has vaccinated eighty-four persons, some of whom experienced relief one season, some two, some three after or under treatment. In 30.1 per cent. the hay fever was completely cured or was so slight as to be insignificant. In 34.5 per cent. it was greatly diminished. In 23.9 per cent. it was diminished to a slight extent and in 11.5 per cent. there was no noticable improvement. Some of the last mentioned cases are explained by the fact that the patients began the treatment too late to be effective. One man, for example, who was not treated until June in 1911, noticed no improvement that year, but in 1912, when he began treatment in March, his hay fever was greatly diminished. Treatment ought really to begin as early as Christmas. Other failures were due to bacterial catarrhs of the air passages; others are unexplainable.

"Dr. Freeman says that patients who have the disease most violently do better than those in whom it is slight and local; those with an inherited tendency do better than those without such tendency, and age makes no difference to the benefit derived.

"When a patient has been inoculated with complete success in one year he has complete or almost complete immunity in the next year, but only slight immunity in the third year. Patients who have been inoculated successfully in two successive years have complete immunity in the third year. Those who have been only partially immunized for one or two years carry over no immunity to the next."

Braubach's Asthma Spray. Braubach Co., New York. A liquid with special vaporizer. Price \$10.

Maignen's Antiseptic Powder. Philadelphia, Pa. In response to the general interest in the demonstration of the Germ theory at the Bethlehem meeting, Mr. P. A. Maignen has prepared for this Report a further statement of his discoveries. Letters Patent No. 1,086,339 was issued in February, 1914, to Mr. Maignen, the inventor of the antiseptic powder bearing his name. This powder was used at the demonstration at the Convention in 1913. The process is described in the patent as follows:

"A process for destroying microorganisms on living tissue without injuring the latter, which consists in progressively evolving sodium hydroxid contiguous to said tissue, from and in mixture of calcium hydroxid, sodium carbonate, boric acid, aluminum sulphate and moisture, which, with the products of their reaction, limit and control the action of said evolved sodium hydroxid; whereby the growth of such organisms is inhibited and their substance dissolved without deleterious effect upon contiguous healthy tissue." Copies of the patent may be obtained in full for five cents each by addressing "Commissioner of Patents, Washington, D. C."

Attention is called by Mr. E. K. Lundy, of Washington, to the action of the Bureau of Chemistry, Department of Agriculture, Washington, in declaring a number of nostrums misbranded. In Farmer's Bulletin No. 393, the Department list the following preparations as habit forming: "Tucker's Asthma Specific," "Ascatco," "Davis' Asthma Remedy," "Dr. Birney's Catarrh Powder," "Dr. Agnew's Catarrh Powder," "Dr. Cole's Catarrh Cure," "Crown Catarrh Cure."

Other misbranded products are "Ryno's Hay Fever Remedy," Stuart's Catarrh Tablets," "Hair's Asthma Cure," "Munyon's Asthma Cure," and "Stello's Asthma Cure."

Members are earnestly urged to give to the secretary in writing, facts concerning any remedy which does not tell the truth on its label. This information will be of much value to the Association.

Many requests have come from members asking for immune places on the sea coast. The Secretary

visited Point o' Woods on Fire Island off the south shore of Long Island and found an Association of property owners, well satisfied with the relief from Hay Fever there; barring the occasional north or land breeze. The prevailing winds are south west. The Colony has 110 cottages and a hotel and is separated from the mainland by Great South Bay seven miles across. Railroad station is Bayshore. Adjoining Point o' Woods is Ocean Beach on the west. The location is similar and one does not have to become a member of a colony to acquire residence and summer expenses are less.

A visit was also made to Asbury Park, Ocean Grove, and Sea Girt in New Jersey and the same conditions prevail as at Atlantic City: trouble with the land breezes. At Ocean Grove the summer hotels and boarding houses are moderate in price. Campobello and Winter Harbor are favorably regarded by many.

Copies of the Annual Report have been sent to over 160 of the leading Public Libraries and are on file in 302 of the prominent periodical and newspaper offices in the country.

Bethlehem, N. H., the home of the annual convention, has continued the village appropriation toward the expenses of the Association. The village officers realize that the popularity of Bethlehem as a resort for hay-feverites is dependent upon co-operation with the Association. Continued immunity in Bethlehem requires constant vigilance on the part of all property owners to destroy all noxious weeds and plants. An illustrated booklet of the village can be had on application to the Bethlehem Board of Trade.

Advertisers.—On request to any firm, members may secure the names and address of persons who claim to have been helped, and further details. To those members who can only find relief in change of climate, we heartily commend the Hotels listed herein as especially suitable. Please mention this Report when writing to our friends, the advertisers.

P. F. JEROME, Secretary.

BETHLEHEM CONVENTION

40th Annual Sneezefest

August 27-28, 1913

The 40th annual convention of the Hay Fever Association was held in the Methodist church in Bethlehem, commencing on Wednesday afternoon, with about 450 members present.

The President, Rev. Guy Roberts, called the meeting to order and greeted the members with an address of welcome, followed by prayer. The President, on behalf of the town, then presented to the Treasurer of the Association the sum of \$50, appropriated by the town to help defray the expenses of the convention.

The Secretary, P. F. Jerome, read the annual report. This report showed many new remedies advertised during the year for the relief of hay fever, and reviewed the work of the year.

The unique feature of the convention is the "Experience Meeting," when various remedies are discussed and praised or condemned. Localities are also discussed, and it is interesting and amusing to hear delegates heartily recommend and strongly denounce the same place.

The discussion of the members' experiences with the remedies brought forth interesting and amusing remarks from the delegates. One member said that he had spent \$45 for every thing in sight and was surprised that he still survived, but he had not lost his sneeze. Another, a lady, said she had so many operations on her nose that she began to think the doctor was digging a Panama Canal.

The Secretary called the roll, alphabetically, of 55 advertised cures, beginning with adrenalin and ending with whiskey. Thirty-four of the remedies on the list were reported by delegates as giving no favorable results. Nasal operations were strongly condemned as useless for relief.

The convention rose en masse to greet the former ex-President of the association, Col. Henry S. Muckle, of Philadelphia. The colonel was intro-

duced by the Secretary as being the King of Hay Feverites, having been a victim for 70 years. The colonel had just celebrated his 88th birthday and was in rare good humor as he rose to speak, and said :

"I have not tired of hay fever yet, and yet I have spent more money on it than any other object. Why, I have spent \$4,000 and have tried every thing, even cold baths, hot baths, sweat baths and quacks, and after all I have taken I am fortunate to be alive, for I am 88 years old and have had hay fever since I was 18.

"I begin to feel that we are on a sure road to curing hay fever. They say that powder kills people, but I think it will *cure* me. I have tried going to foreign countries, have remained in Germany during the hay fever season and I have crossed and recrossed the ocean, but am finding true relief here in the United States.

"During this past week we have had demonstrations of a cure by getting the germ out of the membrane and seeing it under the microscope both in a living and dead stage, and people here today have expressed their belief that only a few treatments have helped them in many ways. This is a great thing to come out of a convention started so many years ago for mere amusement, and, Mr. President and Secretary, I congratulate you on your earnest efforts to so aid humanity."

Emil Roller, Ph.G., of New York, then gave a paper on "Rollerine," as a specific remedy for hay fever which was prepared and put on sale by him.

Prof. P. A. Maignen, founder of the Maignen Institute for the study of Bacterial diseases in Philadelphia, explained at considerable length his experiments in the study of bacteria and the purification of water, and of his accidental discovery of the germ of hay fever, rose cold and bronchial asthma, which are identically the same. He said that it was on the 18th of last November that the germ of Asthma was discovered, and on May 10th of this year the rose cold, and May 23d that of hay fever.

The Professor in the few days in Bethlehem

has given many free treatments with unvarying success. In several cases the patients said that after one or two treatments they had the best nights' rest for weeks.

At the business meeting on Thursday morning the list of immune places was revised according to reports of members. The Report of the Treasurer was approved. The Auditor, Miss L. B. Gachus, reported the accounts in good order. The following officers were elected for the ensuing year: President, Rev. Guy Roberts, Bethlehem, N. H.; Vice-President, William M. Patterson, New York; Secretary-Treasurer, Percy F. Jerome, 125 East 27th Street, New York. Executive Committee, T. K. Tuthill, M.D., New York; A. J. Dexter, Bethlehem, N. H., and W. H. Warner, Easton, Pa., and the officers.

A vote of thanks was extended to the Methodist Episcopal Church for the use of the building for the convention, and to the townspeople for their generous cooperation in the appropriation of \$50 to help defray the expenses of the meeting.—*The Echo*.

Take Nothing of Unknown Constituents.

Take what you take under the advice of a physician in whom you have confidence. Treatment based on mistaken theories is likely to fail or even injure. Apparent relief for a week or more or even for a season, is not an uncommon experience, but only to be followed by reaction or failure or injury. Therefore the mere suppression of symptoms, apparent or real, for a time, is not necessarily a sure cure or even a safe relief. We have suffered too much from merely tentative or hypothetical treatment, to be hasty in giving trial or endorsement to proposed remedies, especially when they are of unknown constituents, unscientific origin or unprofessional secrecy.

New York Meeting

The Mid-winter meeting of the New York City members of the Association met on Friday evening, January 30th. Vice-President William M. Patterson presided.

After the opening remarks, the Secretary was asked to call the roll of immune places and the members criticised the list and gave their experiences at the different places. The experiences favored Bethlehem, N. H., and Stamford, N. Y.

The balance of the evening was given to the discussion of remedies and the results obtained by the members.

Fifteen members present had undergone nasal operations for Hay Fever and other nasal troubles, and only three out of the fifteen were willing to say that relief was satisfactory.

The Secretary read a letter from Dr. R. A. Cooke, of New York, who offers to treat a number of the members free during the season of 1914.

Mr. Robert Ladow expressed the desire to treat five cases during 1914, free of cost. Mr. Ladow's treatment is for Asthma only. The formula as supplied is on file.

Members who are interested in these free offers of treatment are requested to send their names and addresses to the Secretary, who will forward them to the persons indicated by the members.

Mr. Emil Roller, the manufacturer of "Rollerine," presented some testimonials and described the use of his preparation.

A new remedy prepared by Mr. C. Braubach was presented, and the new form of an atomizer used with this preparation was also described.

Mr. P. A. Maignen, of Philadelphia, told of his finding of the germ which causes Hay Fever, Rose Cold and Asthma, and told the formula of his powder. A number of the members testified as to the favorable results obtained from the use of this powder.

HAY FEVER, ROSE COLD, ASTHMA

By P. A. MAIGNEN

Founder of the
Maignen Institute for the Study of Bacterial Diseases,
Philadelphia, Pa.

When we do not know the cause of a phenomenon we are apt to attribute it to any and every kind of influence. If the phenomenon is one that we call disease, we go from this to that theory, from this to that "cure," from this to that school of medicine, and finally, in despair, we try a change of climate.

No disease has been so unsympathetic as Hay Fever because it does not kill; none has been so mysterious because its real cause has not even been suspected by medical science.

For a long time we had suspected that Hay Fever was a bacterial disorder, but we had no proof of it until we discovered the special "germ" in Asthma, November 18th, 1912; in Rose Cold, May 9th, 1913; and in Hay Fever, May 22d, 1913.

Since this time we have seen a very large number of cases in our Philadelphia Clinic, in Atlantic City, in Bethlehem, and elsewhere; and in every case, not in a majority but in all without exception, we have found, in the discharge or expectoration, the same "germ"—a very highly organized microorganism of the protozoan order.

The first postulate of Koch's Law applies to this discovery: "The microorganisms are present (in pure culture) in all cases of the disease"; and there is no disease without the microorganism.

In his classical work—"Practice of Medicine"—Dr. Osler says:

"Hay Fever is an affection which has many resemblances to Bronchial Asthma, with which the attacks may alternate. . . . These diseases have the same origin and differ only in site. . . . The sputum in Bronchial Asthma is quite *distinctive*, unlike that which occurs in any other affection."

The learned scientist came very near to the goal, but he did not touch it. He did not go far enough in the microscopical study of the *distinctive* sputum to find the *protozoon* which the writer has had the good fortune to discover.

This discovery was made known in an address to the United States Hay Fever Association in New York, on June 18th, 1913, and the address was published in the 40th Annual Report of the Association.

"The Germ Theory of Disease"* explains everything; why we suffer, why we sneeze, why we are short of breath, why we have the disease and others not, why the "attack" comes periodically about the same time each year, and why we do not suffer so much in high places as in low countries. It also explains why the hay feverite is free from respiratory troubles between seasons.

The PROTOZOON (unnamed)
of Rose Cold, Hay Fever and Asthma.



* The full description of the "germ" is contained in a booklet entitled "A Key to Health," which can be had free from the Maignen Institute for the Study of Bacterial Diseases, 1311 Arch Street, Philadelphia, Pa.

If we examine the discharge of persons who suffer from Rose Cold or Hay Fever, we find one or the other or several of the forms of germs shown. They all belong to the same family at different stages of development. The small cells which appear before the attack are characterized by a sharply defined border and a greenish hue, without motion. These are also seen in stagnant waters at the same season. Next come the more highly organized protozoa shown in Figures 10, 7, 8 and 9. These appear at the beginning of the attack, they all have a motion, and the organisms shown in Figure 8 appear to be spinning a cobweb like filaments.

The adult protozoa, represented by 1, 2, 3 and 4, are always present when the disorder is at its height. By this time they have grown in size and number so as to occupy nearly all the breathing space, and it is this fact that brings about the distressing symptoms only known to those who have thus suffered.

Sneezing is described in medical text books as "a convulsive motion of the expiratory muscles by which the air is driven rapidly, and rushes sonorously, through the nasal fossae, carrying with it the mucus and *foreign bodies* which adhere to the pituitary (mucous) membrane, and have occasioned the movement."

Now if for *foreign bodies* we substitute the word "*protozoa*," we have a correct definition of the phenomenon of sneezing when it occurs in connection with Hay Fever.

Now the question is, how can we get rid of these germs? This can be done by the sterilization of the mucous membrane of the respiratory tract as devised and taught by the Antiseptic Therapy Branch of the Maignen Institute for the Study of Bacterial Diseases

You may perhaps say: "How does it happen that I am singled out as a victim, out of so many who are not?" The same question might be asked about any other disease, but we will not shirk the point.

Have you ever had one or a succession of those "summer colds" which hang on for weeks or months? If so, this has been, in our judgment,

the foundation of your trouble. Rose Cold and Hay Fever are the end products of "summer colds," and Asthma is the tail end of Hay Fever.

Under normal conditions, the glands and follicles of the mucous membrane secrete just enough of the fluid known as mucus to lubricate the epithelial lining of the respiratory tract, but under the influence of sudden or repeated exposures to changes of temperature, an excess of this organic fluid is poured out, it is organic matter out of place, and it is immediately subject to the natural law of decay.

The first germs or cells to appear are "large opaque round cells" spread over a field of gossamer-like fabric shown in Figure 14. These large opaque round cells are characteristic of "common colds." It is their presence, and not that of coal dust, which makes the sputum black, and it is the filamentous network over which they are spread which makes the sputum so tenacious.

If we keep indoors, another germ comes on the scene; it is a smaller cell which resembles yellow pus cells. The mucus has now become mucopurulent. These small round cells are generally loose like the pus cells in abscesses. It would seem as if, owing to their greater activity or gift of proliferation, they had driven the larger cells away and taken their place. It may be a matter of the survival of the fittest; or, the mucoid fluid has perhaps been prepared for it by the larger cells. At this stage we expectorate freely and we say that the "cold" is broken.

As the sugary fluid of the apple or grape is food for the alcoholic, acetic and butyric ferments, so in Hay Fever the mucus is food for the large opaque round cells (probably protozoa like the amebae), the pus cells, and the protozoa discovered by the writer. The first two are present at all times of the year, the protozoa seem to thrive only in summer, they are, no doubt, inhaled with the dust at the time we catch "summer colds." Hay Fever begins when these protozoa enter the upper region of the nasal organ where they find appropriate food and temperature and settle down as regular colonists.

The large opaque round cells seem to be favored by cold, the smaller cells are helped by warmth,

and the hay fever germ seems to be particularly favored by the warm humid atmosphere. The first two are mostly in the outer part of the respiratory tract and in the throat where they enter during mouth breathing. The third are in the inner part of the nose and sometimes they enter the bronchial tubes. Then asthma begins, and if they are allowed to remain the asthma becomes chronic because they are not influenced in that environment by changes of temperature; the germs have established a permanent home in the bronchial tubes.

The best way to avoid Hay Fever is to avoid "summer colds," or if one has had the misfortune to have one or the other, then the next best thing is to get rid of them by sterilizing the mucous membrane in the manner described in the Hay Fever Report for 1913.

The sterilization of the mucous membrane of the respiratory tract does away with the cause of the disorder, and therefore with all its manifestations, not in one day, but after enough treatments to remove or inhibit the greater part of the germs.

By sterilization we mean not only the destruction or inhibition of germ life but also the expulsion of the germs themselves—dead or alive—along with the mucus in which they live and grow. Clear away the air passages of these germs and you will be cured.

That the process of sterilization of the mucous membrane by the "Maignen Antiseptic Powder" has been a complete success has been established beyond peradventure. If any one has failed to be cured, it has been simply his own fault, he has not followed the instructions properly.

DAILY USE OF CHLOR-CALCIUM FOR HAY FEVER

By PROFESSOR DR. EMMERICK AND
PROFESSOR a. D. OSKAR LOEW

in Munchen

(Extract from pamphlet printed by J. F. Lehmann in Munchen,
and translated from the German by Peter Janson)

Until the present time, only a few observations were reported of the results with Chlor Calcium, and these did not all reach the desired results on account of insufficient use. The first observation was made known by Dr. Chirari and Dr. Januschke in the year of 1911. The sneezing during the two days of Calcium lacticum treatments were accompanied by increased nasal discharge, and the results were very limited, and in other cases quite improved.

About the same time Dr. Rudolph Hoffman described in the Munch. Weekly of 1912, page 1,152, that for hay fever and two bronchial asthma cases in the year of 1911 were treated with Calcium Salts, but without any results worthy of notice. Possibly there was not a sufficient prescribed dose or, as he stated, the patient did not take the Calcium long enough to get the desired results.

Dr. Kayser treated in the year 1912, a light case of hay asthma and thirteen cases of typical bronchial asthma with Chlor Calcium. Some of these cases after taking three or four days treatment, of a five per cent solution of Chlor Calcium did not return for treatment for several months, while the others were treated about eight days with the following prescription.

Rp. Calcium Chlorat. (CaCl_2) 20,0 Sirup. simpl.
40.0. Aq. dest. ad 400.0 MDS. 2 stundl.
1 Essloffel in Milch, 1 mal zu erneuern.

The reason of unsuccessful treatment of hay fever with Calcium in our experience, we believe, is chiefly due to the fact that the Calcium was used only a very short time before the attack and only eight days during the progress of the disease.

In cases where Chlor Calcium crystal is taken for several months before hay fever time, or better yet, three grains taken daily for several years, only then as the above cases show can we count on successful results or absolute cure.

Take from the solution below :

Chlor Calcium crystal, pur.	100
Aq. Dist.	500

in the morning, at noon, and in the evening with your meals, one coffee spoonful in a quarter of a glass of water, coffee or soup, etc.

In the following hay fever cases the solution was taken for a year and will be continued.

The first case, Mrs. Bezirkarzt, L. A., 53 years old. Had hay fever since she was seventeen years of age. She had headache, constant itching in her nose, and sneezing often 100 times without stopping. Itching eyes, and swelling of the nose and eyelids. This condition lasted from the end of May until the middle of July, and sometimes longer. During that time she used daily 30 or 40 handkerchiefs. The only relief was to be in a dark room with closed windows. By suggestion of Prof. Emmerick and Loew she took daily 3 grains of Chlor Calcium crystal every morning, noon and evening in her coffee, tea or soup, for a year. Then to her great surprise in 1913 there was not the slightest indications of hay fever.

G. M., 33 years old, Techniker, hay fever for fifteen years. He had very bad attacks of hay fever, took from the end of July, 1912, daily for a year, 3 grains of Calcium with his meals. He took the Calcium as described above, but not diluted, with very good results. He did not have the slightest symptom of hay fever, and even last year when he had fever it was in a much lighter form. The patient visited us in July, 1913, and said that Chlor Calcium treatment relieved him from all the unspeakable sufferings he had in previous summer months. This summer he did not have any attack of fever, even when he takes long walks through hay fields.

The third patient, Mr. Baurat L. Sch., 42 years old, living in Innsbruck. Every April for thirty

years he had a very strong burning in his nose, his eyelids were swollen and full of tears and a heavy discharge from his nose, so that the patient in the middle of May to the end of June used daily from 30 to 35 handkerchiefs.

I prescribed for the patient last year and also Dr. Haindl in Innsbruck in April of this year, prescribed Calcium lactic, 1,0, grain, daily 4 or 5 powders fourteen days before the blossoming time of flowers, and in time of fever Calc. chlorat. Calc. lactic, aa 15,0, Sirup. simpl. 50,0, Aq. dest 500 to 2 table-spoonsful three times daily. After the patient used this prescription from April on he found the sneezing disappeared and noticed only a very light burning in the eyes. The patient is very happy over the result and will use Chlor Calcium always.

From these cases we see that the few weeks treatment of 3 grains with Chlor Calcium, per day, just before the attack, or during the process of illness, breaks the spell of the disease, but if it is used properly for one year, or continuously it has cured the most serious cases. If all the hay fever patients would get the benefit from Chlor Calcium as the above said patients we could not say, but from our experience we believe that the greatest part of the suffering will be relieved.

Flowers and Hay Fever

Although flowers are beautiful to look upon and are no source of discomfort to the majority of summer visitors, it will be found that the cultivation of flowers in exempt hay fever districts, and the placing of flowers on dining room tables, are sources of great disoomfort to hay fever sufferers. Visitors who are free will cooperate with hotel keepers who are interested in the comfort of *all* his guests. Cultivation of corn fields should also be avoided in places catering to hay-feverites. Hay fever patronage is the best crop that can be raised in an exempt locality.

WHERE TO GO

PLACES VISITED BY MEMBERS

Locality	Exempt	Not Exempt	Partially
Adirondacks, Interior.....	20	8	8
Ashland, Wis.....	3	..	2
Atlantic City, N. J.....	1	11	5
Banff, Can.....	3
Banner's Elk, N. C.....	1
Barton, Vt.....	5	..	2
Bayfield, Wis.....	7	..	1
Beach Haven.....	3	15	8
Bermuda.....	2
Bethlehem, N. H.....	102	23	65
Big Echo Lake, Can.....	1
Big Moose.....	1
Block Island.....	1	7	4
Blue Mt., Adirondacks.....	6	..	5
Bretton Woods, N. H.....	41	..	2
Brookvale, Col.....	1
California.....	6	7	5
Camp Diamond, N. H.....	2	..	2
Campobello.....	47
Canadian Lakes.....	5	5	5
Cape Breton Island.....	5	..	3
Cape Cod.....	1
Capens, Moosehead.....	1
Catskills.....	2	20	4
Chester, N. S.....	1
Colebrook, N. H.....	7	5	5
Colonial Beach, Va.....	1
Colorado.....	3	6	3
Connecticut Lakes, N. H.....	3
Crawfords, N. H.....	9	1	2
Cumberland Head, L'ke Champl'n	1
Digby, N. S.....	13	2	6
Dixville Notch, N. H.....	52	..	6
Eagle's Mere, Pa.....	1	8	6
Eagle River, Wis.....	1
Eastport, Maine.....	5	3	9
Estes' Park, Col.....	1
Europe, generally.....	17	..	2
Fabyans, N. H.....	45	..	2
Fire Island.....	1	8	6
Franconia.....	6	2	9
Georgian Bay, Can.....	5
Glen Ayre, N. C.....	11
Grand Manan, Isle.....	1
Halifax, N. S.....	5	5	6
Highlands, N. C.....	1
Hot Springs, S. Dak.....	1
Jefferson, N. H.....	27	3	15
Jefferson Highlands, N. H.....	6	..	4
Keene Valley.....	3	4	5

WHERE TO GO—Continued

Locality	Exempt	Not Exempt	Partially
Kineo, Maine.....	11
Kingfield, Maine.....	3
Lake Kezar, Maine.....	1
Lake Placid, Adirondacks.....	10	9	11
Linville, N. C.....	1
Littleton, N. H.....	1	6	3
Loon Lake, Adirondacks.....	4	..	2
Mackinac Island.....	9	5	14
Manitou, Col.....	1
Marquette.....	4	2	7
Martha's Vineyard.....	2	9	3
Montreal.....	3	7	6
Moosehead Lake Region.....	10	..	4
Mt. Mansfield, Vt.....	1
Murray Bay.....	1
Muskoka Lakes, Canada.....	10	2	7
Nantucket.....	1	8	..
Ocean, exempt to most.....
Petosky.....	4	9	11
Point of Woods, L. I.....	1
Prince Edward Island.....	10
Quebec.....	1
Rangeley Lakes.....	20	2	12
Sandy Cove, N. S.....	1
San Diego, Cal.....	2	2	3
San Francisco.....	4	6	..
Saranac Lake.....	2
Sault Ste. Marie.....	6	..	3
South Woodbury, Vt.....	1
St. Andrews, N. B.....	13	2	5
St. Johnsbury, Vt.....	1
Stamford, N. Y.....	5	..	1
Sugar Hill, N. H.....	8	3	8
Summerside, P. Edw. I.....	2
Superior, Wis.....	2	..	1
Twin Mountain.....	13	..	5
Upper Bartlett, N. H.....	1	1	..
Whycocomagh, N. S.....	1
Willoughby Lake.....	4
Yarmouth, N. S.....	11	1	2

NOTE.—Since conditions at the above places are subject to change, members are urged to report annually the results of visits at these places or others not mentioned herein.

England and Bermuda

Mr. Stephen H. Voris, of Jamaica, N. Y., writes as follows :

"I have suffered from about the 15th to 19th of August to the latter part of September or early part of October every year for over twenty years, but for the last four or five years I have made it a point to take my vacation during this period and take it at some place which was likely to be reasonably free from rag weed and hay fever.

"In 1911 I sailed for Europe on August 12th, spent a little over a week in Ireland, about a week in Scotland, and about ten days in England. With the exception of some slight symptoms in London, which were so slight that they may have been merely the same irritation that a normal person would experience under the somewhat smoky conditions of two or three of the days that I was there, I had not a symptom of hay fever. I spent a couple of days in Warwick, Stratford and vicinity in absolute comfort, though this is an agricultural region. I arrived in New York on September 22d, and sneezing started on the way up the Harbor, and for a week or two I had symptoms of hay fever quite badly, and had slight symptoms as late as the middle of October.

"In 1912 I spent from August 13th to September 11th at Dixville Notch, Bethlehem, and Crawford Notch, New Hampshire, being almost entirely free, though not quite as free as when in Europe. On my return home I had two or three weeks of hay fever.

"Last year I sailed on August 16th for Bermuda, and spent all the intervening time there until I arrived at New York on September 14th. At Bermuda practically every day I spent an hour or more in bathing, out in the sun, with no protection for my head, rode on the bicycle every day distances varying from three or four to 15 miles, rowed, went out in sailboat, and lived as though I had never known hay fever, despite the fact that the temperature varied from between 70 to 90 degrees almost all the time, and I took absolutely no precaution,

except to wear amber glasses, which many people not hay fever sufferers find a necessity on the white coral streets of Bermuda during the middle of the day. At one spot on the Island I saw a little clump of what looked like rag weed, but with that exception there was not a bit of this villainous vegetable in sight, and as my exposure to the sun was many times my normal amount of exposure to the sun, I consider Bermuda a perfect resort for hay fever. On my return I had symptoms as soon as I struck New York Harbor, and they continued with me until the end of September, though they were comparatively light. I might say that at Bermuda I stayed at a hotel about a mile and a half outside of Hamilton, where it was slightly cooler than in the city, and where there was less dust. However, I do not think that any one would experience hay fever even in the town."

Theories and Experience

Neither the Association nor its Secretary endorses all the papers or statements presented at our meetings or in our reports, even though no criticism accompanies. We welcome the results of investigation or study whether of original or compiled character. Enough theories have been exploded in our meetings to have shattered hay fever to atoms—or to germs. The explosions have been harmless to hay fever, but fatal to the theories. Yet the truly scientific investigator is glad to have a theory exploded that will not stand the test. It excludes it from leading him farther on a wrong scent. There is no better test of hay fever theories than to present them at our public meeting in Bethlehem. A theory that will stand the test of experiences related there will be welcomed by the scientific and professional world, and particularly by the great army of hay fever sufferers and their annually disturbed families and friends.

P. F. J.

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Catskill Mountains. Altitude 2500 Feet

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Direct to Hotel.

FIREPROOF GARAGE.

TELEPHONES IN EVERY ROOM.

From 15 to 20 degrees cooler than New York City.

**CLIMATE, SCENERY AND LOCATION
UNEQUALLED, EITHER IN EUROPE
OR AMERICA.**

**HAY FEVER, Malaria, fogs, flies and mosquitoes
are unknown. SANITARY and HYGIENIC CON-
DITIONS ABSOLUTELY PERFECT. Drinking
water from the famous Catskill Mountain Crystal
Springs, piped through hotel.**

UNDER NEW MANAGEMENT.

Cuisine and service of the highest standard of ex-
cellence. Superior grille and Rathskeller.
Reasonable prices.

Excellent Accommodations for Conventions.

Magnificent Ball Room, perfect dancing floor.
Special attractions and inducements for the younger
set. **Dancing afternoon and evening.** Prizes given.
Modern Dance "Soirees." **Lady and Gentleman
Instructors.** Daily Tea Dansants. No extra charge
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Zaveleff, of the Metropolitan Opera House. Concerts
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City without change. Riding and driving horses
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Special rates for families. Rooms singly
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THE INN

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not relieved.

We refer, by permission, to Mr. William M.
Patterson, Vice-President of the United States Hay
Fever Association, 45 Cedar Street, New York.

Post Office Address :

THE INN,
Eastport, Maine.

DIGBY, NOVA SCOTIA

Lour Lodge

== AND COTTAGES ==

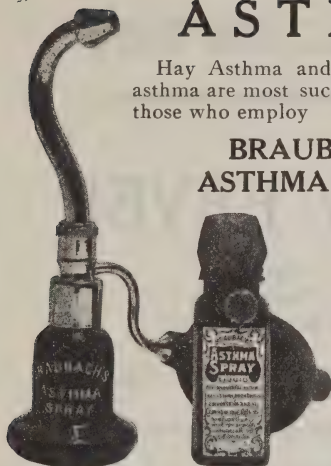
No Hay Fever or Mosquitoes

Write for Booklet to AUBREY BROWN

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Hay Asthma and all forms of true asthma are most successfully treated by those who employ

BRAUBACH'S ASTHMA SPRAY



The preparation is free from cocaine or other habit-forming drugs, is made with great care and is a credit both to pharmaceutical elegance and therapeutic efficiency.

Because of the perfect combination of remedy and vaporizer an ounce of the liquid is sufficient for hundreds of applications, which makes the Braubach treatment most inexpensive in use. The Braubach vaporizer, especially made for the accurate dosage of the spray liquid, is a revelation in the construction of instruments for the safe control of medication by inhalation. The experience of physicians, including specialists of wide reputation, gives us confidence that **Braubach's Asthma Spray** will be found superior to anything yet offered for the treatment of asthma.

BRAUBACH'S ASTHMA SPRAY TREATMENT is a most valuable acquisition for Asthma during the Hay Fever or Rose Cold period, as the patient is able to hold the Asthmatic seizures in abeyance.

A thirty page booklet has been prepared giving the most up-to-date information on asthma and its treatment. It is free to you for the asking. Send us your name and address to-day.

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Dunbar's Serum Treatment

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HAY FEVER

Marks its
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as a prophylactic by preventing the penetration of the pollen into the mucous membrane, rendering the same less sensitive and more resistant to irritation ;

as a palliative by alleviating the irritation and healing the inflamed tissues.

The German Hay Fever Association reports success in 72% of all cases treated.

No morphin or cocain. External Application.

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Modern and Up-to-Date

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Write for booklet.

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Eagles Nest P. O. Haywood Co., N. C.

Overlooks Waynesville and Lake Junaluska, and over a half mile higher than Asheville, N. C. For scenery, air, water, climate and everything essential for the comfort and enjoyment of its patrons this favorite spot is unapproached. Positively relieved of Hay Fever. No consumptives. No annoyance from unruly children. Booklet on request.

S. C. SATTERTHWAIT, JR., Propr.

"My family have spent the past twelve seasons with you where my wife is always free from Hay Fever."
(Signed) E. E. McMillan, Knoxville, Tenn.

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that so many people will read this advertisement and still cry about hay fever, yet for some reason cannot spare a 1 cent postal card to write us for a large free sample of our

DENNIS EUCALYPTUS OINTMENT FOR HAY FEVER

You can lose nothing but a chance to help yourself. Address :

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SUGAR HILL, N. H.

2000 FEET ABOVE THE SEA

Is considered by many to be more exempt from
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WHITE MOUNTAINS

Golf. Tennis. Croquet. Base-Ball.
Excellent Accommodations.

For booklet and rates, address:

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THE PARK VIEW

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Open June first to October fifteenth.
Five minutes walk to golf links,
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Electric light, steam heat and
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with best country produce.

Booklet on request



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Maplewood Hotel accommodating 350 guests, a high class house.

Maplewood Inn accommodating 145 guests, at moderate prices.

Illustrated Booklet sent upon request.

Address LEON H. CILLEY, Manager,
Maplewood, N. H.

Maplewood Hotel is highly recommended for those suffering from Hay Fever.

Personal Report for Year

Name.....

Address.....

Hay Fever for.....years

Season period from.....to.....

Remedy used during past year :

.....

.....

Results.....

.....

Have Rose Cold.....

Have Asthma.....

Visited places below for relief :

Name

Result

.....

.....

.....

Use separate sheet for additional information if necessary. Detach and mail to the Secretary with annual dues, 50c.

Membership Application

*To the U. S. Hay Fever Association
125 East 27th Street, New York.*

Enclosed is the annual fee, 50 cents, for the calendar year. The history of my case is given on the reverse side of the application.

Signed.....

Street Address.....

City.....

Please send information about the Association to persons below :

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Name.....

Address.....

Detach after filling out reverse side.

Grindstone Inn and Cottages

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Forty-second Anniversary Report

Nineteen-Fifteen

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Dixville Notch, N. H.

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Additional copies of this Report may be
secured from the Secretary at 25 cents each.

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GREETING FROM THE PRESIDENT
Un 3

BETHLEHEM, N. H., June 15, 1915.

v. 42
To All Interested:

The forty-second annual convention of the United States Hay Fever Association will be held as usual in the White Mountains, in September. This section of the Granite State still holds the banner as being the most practical of all immune places for Hay-Feverites in the eastern part of our country, and to it we give you a hearty welcome. Bethlehem is sure to afford complete immunity to the great majority of sufferers who reach the place previous to "Saint Hay-Fever Day"—August 15th—while to those coming later great relief, if not complete immunity, is generally experienced. Our village is being improved every year and much is being done to provide for the comfort and pleasure of every guest. Rag weed is unknown, dust is prevented by well sprinkled or oiled streets. Mt. Lafayette continues to furnish the purest of spring water and that in great abundance. Clear and invigorating atmosphere is the usual condition. Over thirty hotels and summer houses furnish all that the inner man needs from such, while varied recreations make social life pleasant and edifying. Four churches are well attended. Many guests return year after year with profit and pleasure. Write our Secretary, Mr. P. F. Jerome, of New York City, for further information.

The annual report, compiled by our Secretary, is presented herewith. It contains the latest word on the subject of Hay Fever and is the result of much painstaking care and correspondence. The information concerning the various treatments and meccas of immunity will be read with great interest by the members. I congratulate the membership on the prospect of relief from this variety of sources.

GUY ROBERTS,

Président.



Arrival of Delegates in Bethlehem

REPORT OF THE SECRETARY

P. F. JEROME.

Since our forty-first anniversary meeting at Bethlehem in September, 1914, much interest has been manifested in the work of our Association in promoting Hay Fever discussions. Newspaper accounts, humorous and serious, have brought our organization to the attention of many persons, resulting in largely increased correspondence during the year. In medical journals and magazines there have appeared articles discussing various treatments in this country and abroad.

Immunization.—Much attention is being given to treatment by injection of pollen toxin to obtain the immunization of patients. Dr. Burch, of Carthage, treated nearly 100 cases with a pollen vaccine made from combined pollen of Spanish needle, golden-rod and ragweed. These patients escaped Hay Fever entirely or had it lightly thereafter. A few doses given after the attack began, in these cases, completed the immunization.

Dr. Manning, of Omaha, treated twenty-one cases; fourteen were relieved; in the balance the treatment was incomplete. In the fourteen cases there was this striking occurrence in each: After a dose was given large enough to obtain relief, the immunity lasted only from two to five days, depending on the severity of the case. The symptoms returning were less severe. Another dose of similar size given brought relief as before. This indicates relief of transitory character. Dr. Manning is now working along the line of defective nasal secretion in Hay Fever patients to see if there is a deficiency in pollen-protein-splitting ferment.

Dr. Koessler, of Chicago, treated forty-one cases by immunization with ragweed pollen. He reports 10 per cent cured, 70 per cent improved subjectively and objectively, 12 per cent subjectively improved and 8 per cent not affected. He urges that the solutions must be sterile, fresh, and of uniform strength. Dr. Koessler consulted the many original documents in the files of our Asso-

ciation, during the preparation of his recent work on Hay Fever, published by Appleton.

Dr. Freeman, of London, states that his patients suffering from constitutional symptoms, as asthma, showed better results than those with only local disturbances. He says that Hay Fever treated by active immunization is successful and that the immunity seems to continue at least one year. Eighty-four cases of Rose Cold showed a cure in 30 per cent—the disease being greatly diminished in 35 per cent, slight relief in 24 per cent, and no effect in 11 per cent.

Dr. Lowdermilk, of Galena, prepared a toxin from the varieties of the ambrosia and of the solidogo. Treatment was begun with this a month before the expected attack. Of sixteen cases treated after the attack, thirteen were cured. The three not relieved all began treatment more than a month after onset of symptoms.

Dr. Ulrich, of Minneapolis, reports on twelve cases. He found the patient in majority of instances wholly or partly relieved for a few hours to several days, one week being longest. Relief began in fifteen minutes to two hours.

Dr. Oppenheimer, of New York, reports a large series of Rose Cold cases have not shown any symptoms up to June 8, though in former years attacks began one to four weeks previous, demonstrating how effectual immunization has been. His report on Hay Fever cases appears elsewhere in this Report.

Dr. Boothby, of Newark, reports control on June 14, of a Rose Cold test case, selected by the Secretary. This is a case of 20 years standing. Reports from patient and doctor are on file. Other cases of Hay Fever treated by Dr. Boothby are mentioned elsewhere in this Report.

Osteopathy. Doctors of this school are working on a new treatment for Hay Fever. This was used last summer, particularly by Dr. James Edwards of St. Louis, with good results, and practitioners and patients say that it has merit. The treatment includes, in addition to the usual spinal treatment for Hay Fever, manipulation of the soft

palate, which loosens lesions back of the nose and starts the circulation. The new treatment is to insert the forefinger back of the soft palate and pull it forward, thus bringing a tension upon the tissues in the lateral wall of the pharynx. The effect of this is to free the opening through which the nerves and blood vessels pass to and from the nose.

Legislative. Michigan has a model anti-noxious weed law. This bill was endorsed by our last convention and through the efforts of Dr. Marion C. Burrows of Lynn, the Massachusetts Legislature, in January of this year, gave this Michigan bill a start in the east, by a resolution for an investigation by the Commissioner of Public Health, Dr. Allan J. McLaughlin, who is to report to the next General Court. Victims are urged to report cases of Hay Fever where noxious weeds abound in Massachusetts to Com. McLaughlin, Boston.

By vote of the Convention the same bill was presented to the New Hampshire Legislature by Representative Glessner, and referred to the Committee on Forestry of which Dr. Henry F. Libby of Wolfeboro is chairman. The bill failed to pass. The Committee should change its name to "Retrogression." The one State in the Union where we hold our National Convention, officially prefers weeds to the thousands of dollars spent annually by the health seeking summer visitor. Hotel keepers and guests are greatly disappointed at this attitude.

In Kansas, Governor Arthur Capper, Master Sneezer and enthusiastic member, favors our Michigan bill and hopes for favorable action by the Legislature.

In South Carolina, our representative, Hon. James F. Byrnes, of Aiken, reports progress with our bill and hopes for later success.

In Missouri, our bill did not get out of the pigeon-hole. It will take a mighty chorus of August Sneezers to get any attention in this State.

West Virginia listened to our bill, introduced by Dr. Chas. A. Sinsel, of Grafton. A committee smothered it. Next year our lawyer friend, W.

Merle Watkins of Grafton, will aid in renewing the fight. The state prohibition law ought to be amended to include ragweed.

In Pennsylvania, our bill will be promoted in the next Legislature by Hon. George W. Maxey of Scranton, Pa. Quaker Sneezers please note.

Indiana ruthlessly cast aside our perfectly good health bill and approved on March 10th a landscape bill requiring cat-tails, briars, etc., to be cut down because they obstruct the view along the highway. E. E. Stacy, Veteran Sneezer, and Dr. J. N. Hurty of Indianapolis, are defeated but not discouraged.

Connecticut will have an opportunity to pass our bill at the next meeting of the Legislature. With its many summer resorts in the Berkshires free from noxious weeds, it would have a strong appeal for Hay Fever victims. Hon. Livingston W. Cleaveland of New Haven will father the bill.

Ohio, New York, New Jersey and Vermont will also face the bill next winter and members in these and other states should urge their representatives to support the bill as a distinct *health* measure. Committees on Forestry, or Agriculture, or Highways, are usually made up of farmers whose interests are affected by the bill and vote against it. Our bill belongs to the Committee on Public Health. The Secretary will supply copies of the bill on request and solicits co-operation in each of the states.

In Memoriam. Announcement is made of the death of Col. M. R. Muckle, of Philadelphia, on March 30th. The Secretary sent a letter of sympathy to the family. Col. Muckle was one of the founders of the Association in 1873 and served as President from 1877 to 1883. He was ninety years of age and enjoyed Hay Fever for eighty-four years. He was our oldest member.

Mr. James Edie of Brooklyn, died August 3, 1914. He was a well known figure in the Bethlehem Conventions. His first attack of Hay Fever came while he was campaigning with Grant in the Civil War. That was before our disease had become famous. Many friends will cherish his memory.

Publicity. Hundreds of Hay Fever news items have appeared in daily papers all over the country. Fact and fiction has done much to popularize this highly organized disease and brought many new recruits to our Association. At the Bethlehem Convention, an outdoor celebration was arranged by the Secretary. The special numbers showed the arrival of delegates in stage coaches at the Sinclair Hotel, meeting of Master Sneezers of 20 years experience, sneezers' glee club led by Sinclair orchestra, war dance and the killing of the Hay Fever Germ. In the contest for the championship, Master Sneezer Truitt of Philadelphia, won the official bandana. Four motion picture companies, Mutual, Gaumont, Pathe and Selig, took the scenes and it is estimated that twenty million people viewed the pictures during September.

State Meetings. The New York members held two enthusiastic meetings in March and June. The proceedings are printed on another page. The Pennsylvania members held their third annual meeting August 27th at Kane, Pa., in the north-western part of the state. President Chas. G. Snyder of 5212 Harriet St., Pittsburgh, writes that Kane has had 300 Hay Fever visitors in one season. Last year was a bad one, many having some distress owing to frequent rains. He reports hay asthma quickly relieved as a rule. The altitude is 2200 feet. Population 7000. An effort is being made to have the Kane authorities eradicate the noxious weeds and regularly sprinkle the streets. In the South, Eagle's Nest in North Carolina, continues in high favor. Hon. James F. Byrnes reports a score or more of sneezers comparing experiences and finding freedom on this mountain top 5050 feet high.

Co-operation. All the railroad companies in New York have been keenly interested in the search for meccas of immunity along their lines and have rendered invaluable service in aiding in the investigation of various places suggested by members. Agents of the New York Central and the Pennsylvania have been especially helpful. When a place is found where only the minimum

sneeze prevails, the battle is only begun. To keep these places as pollenless paradises requires on behalf of the local communities, eradication of noxious weeds, oiled or sprinkled roads, and a hearty spirit of co-operation with the National Association. The reward will be permanent Hay Fever colonies, increasing in numbers annually.

A number of preparations have been brought to our attention as follows:

Comfort Relief for Hay Fever. A vegetable compound. John A. Tupper, No. Cambridge Junction, Mass. Food and Drug Act serial No. 55683. Ingredients on file.

B. and M. External Remedy, \$1.00 8 oz. bottle. National Remedy Co., Boston, Mass. Formula refused.

Vixol. Paul Koenig, Chicago. Formula refused.

Liberty Catarrhal Cream. 25 cents a jar. Liberty Skin Food Co., Washington, D. C. Ingredients on file.

Eckman's Alterative. \$1.00 small size. Eckman Mfg. Co., Philadelphia, says it can be used successfully.

Hay Fever Quioxygen, \$1.00 per bottle. The Laboratory Company, Hoboken, N. J.

Oleum, Bishop, Denver. Formula on file.

Schiffman's Asthmador; cigarettes, formula refused.

Oxypinene, a vapor for inhalation produced on Terpizone generator. Acts as stimulant to mucous membrane.

Copies of the Annual Report have been sent to over 160 of the leading Public Libraries and are on file in 302 of the prominent periodical and newspaper offices in the country.

Bethlehem, N. H., the home of the Annual Convention, has continued the village appropriation toward the expenses of the Association. The village officers realize that the popularity of Bethlehem as a resort for Hay-Feverites is dependent upon co-operation with the Association. Continued immunity in Bethlehem requires constant vigilance on the part of all property owners to destroy all noxious weeds and plants. An illustrated booklet of the village can be had on application.

REVIEW OF THE LITERATURE

Reinhard A. Wetzel, New York.

That the protein of the pollen of certain plants causes Hay Fever was definitely established by Prof. W. P. Dunbar, Director of the State Hygienic Laboratory, Hamburg, Germany.

"The present state of our knowledge of hay fever" is a reprint from the *Journal of Hygiene* vol. XIII (1913) and may be obtained through the University of Chicago Press.

Dunbar showed that one drop of protein solution (1:20,000) introduced into the blood or dropped into the eye would affect most patients at any season of the year. The itching sensation due to the poisoning of a single grain of rag weed pollen may last three days; and rag weed pollen has been collected on the top of the Singer Building, New York, in season.

Dr. J. L. Goodale of Boston (Bos. M. & S. Jr. 171:695—1914) has excited skin reactions in hay fever patients with the following pollens in verification of Dunbar's work in the United States:

	patients tested	positive reaction	negative reaction
Golden Rod	49	26	23
Rag Weed.....	49	45	4
Yarrow	20	5	15
Beach Wormwood.....	6	2	4
Field Daisy.....	14	5	9
Burdock	3	1	2
Hawkweed..	17	5	12
English Daisy	20	4	16
Pig Weed	26	3	23
Wild Carrot.....	23	1	22
Tansy	12	2	10
Roses—Japanese...	19	3	16
Roses—Prairie	8	0	8
Mock Orange	6	2	4

"The following also gave positive reactions: California Poppy, Hawthorne, Bayberry, Frost Grape, Jack Pine, Peony, White Oak, Rhododendron and Hardhack."

Successful as Dunbar was in finding the external cause, a cure is still problematical.

Dr. H. L. Ulrich of Minneapolis (Jr. Am. M. Ass.—Chicago—62:1220—1914) reporting upon 12 cases (6 being physicians), of attempted immunization, concludes:

"The problem of autumnal pollinosis (as the fall type of Hay Fever is called), can be approached in three ways:

- (1) By removal of the cause—eradication of rag weed;
- (2) By removal of the patient from rag weed;
- (3) By producing anti-hypersensibility."

Rag weed is characterized as the chief offender because it is so prolific, so easily freed from the pollen pods and so easily carried by winds.

Among those who have been successful in producing hypersensibility or immunization by injecting the pollen poison hypodermically in graded doses have been the following:

Dr. Robert A. Cooke (New York), "Treatment of Hay Fever by Active Immunization," *Laryngoscope* (St. Louis), February, 1915, says:

"It is not proper to use the word 'cure' for the cases rendered immune do not retain a sufficiently high degree to protect them the ensuing year." But he finds four exceptions that required no treatment in 1914. Of the 64 cases of the spring variety treated in 1913, 36 showed marked improvement, 19 improved somewhat and 5 were unimproved. The fall type, which is more difficult of treatment, showed marked improvement in 25 per cent. of the cases, 50 per cent. were improved, 25 per cent. were unimproved for the 80 cases treated. The cases for 1914 are not yet fully reported upon.

Dr. K. K. Koessler, Chicago, "Active Immunization," *Ill. Med. Jr.*, Chicago, 26:120 (1914), reports on 41 cases, 5 spring, 36 autumn. Of the latter 17 received treatment before the beginning of the season, 19 during the season. There were 4 cures. Three of them were treated for 2 or 3 months for two years, the other one for three years. To date 2 have remained free for 2 years and 2 for 1 year. Of the other 37, 29 showed marked improvement, 8 were objectively not improved but felt subjectively benefited.

Dr. R. C. Lowdermilk (Galena, Kan.), *Jr. Am. Med. As.* (Chicago) 63:141 (1914), reports on 19 cases treated in 1913.

Dr. E. T. Manning (Omaha), "Injection of a Solution of Rag Weed Pollen" Jr. Am. Med. Ass., (Chicago), 64:655 (1915), follows Koessler's technic. Of the 21 cases, 14 find relief, 2 produce no reaction whatever. He characterizes "cure" as medical charlatanry.

Drs. S. Oppenheimer and M. J. Gottlieb (New York), "Active Immunization," N. Y. Med. Jr. 101:229 (1915), give an excellent statement of the problem and report on 11 cases. See also N. Y. State J. of M., June, 1915.

Profs. Emmerich and Loew of Munich, Germany, in Mu. Med. Wochens. 60:2676 (1913), also 62:41 (1915), and reviewed in Jr. Am. Med. Ass., February 27, 1915, state that the cases reported "cured" remained so during 1914. They prescribe 100 grams of crystallized calcium chlorid in half a liter of distilled water. Three teaspoonfuls are taken during the day, always with meals. Cure may be expected by the end of a year's use.

HAY FEVER RHAPSODY.

Janie Osborne, Master Sneezer.

When it's ninety in the shade and you're lifeless
as a spade; when the air is full of dust and your
head about to bust; when you're longing for a
breeze, and you sneeze and sneeze and sneeze,—
you've got it!

When your brain is all a-fire and your head
seems bound in wire; when your eyes can't bear the
light and your face is swollen tight; when your
nose is all a-glow, and you blow and blow and
blow,—you've got it!

When you snuffle from morn till night, then
keep on till morning light; when there's no chance
for rest with a ton weight on your breast; when
your eyes refuse to sleep, and you weep and weep
and weep,—you've got it!

When you've all you can endure and your
friends come with a cure; too worn and weary
to resist, you take each one as they insist, when
you know it's useless to try, and they lie and lie
and lie,—you've got it!

BETHLEHEM CONVENTION

41ST ANNUAL SNEEZEFEEST

September 1-2, 1914

The 41st annual convention of the Hay Fever Association was held in the Methodist church in Bethlehem, commencing on Wednesday afternoon, with about 450 members present.

The President, Rev. Guy Roberts, called the meeting to order. After prayer by Dr. C. Williams of the Congregational church, the Address of Welcome was given by Dr. W. M. Jeffries who suitably praised the village of Bethlehem as a health resort. The President, on behalf of the town, then presented to the Treasurer of the Association, the sum of \$50, appropriated by the town to help defray the expenses of the convention.

The Secretary, P. F. Jerome, read the annual report. This report showed many new remedies advertised during the year for the relief of Hay Fever, and reviewed the work of the year.

The unique feature of the convention is the "Experience Meeting," when various remedies are discussed and praised or condemned. Localities are also discussed, and it is interesting and amusing to hear delegates heartily recommend and strongly denounce the same place.

Delegate Coons, of New York, presented a resolution calling on the village officers to cut down the golden rod in fields in the western end of the village. The resolution was unanimously adopted.

Delegate Pinover, of Brooklyn, criticised the Bull Moose Party for their unauthorized use of our own bandanna, as their party emblem. Mr. Pinover said he was ready to forgive this indiscretion, if T. R. could qualify for membership.

The Secretary called the roll, alphabetically, of 75 advertised cures, beginning with adrenalin and ending with whiskey. Sixteen of the remedies on the list were reported by delegates as giving some relief. Nasal operations were strongly condemned as useless for relief. Twenty-four members reported nasal operations, and 14 received no benefit.

The following resolution was unanimously adopted.

"The Secretary is instructed to notify Dr. Marion Cowen Burrows, of Lynn, author of the Bill for the removal of noxious weeds introduced into the Legislature of Massachusetts, in the year 1914, that her Bill was unanimously approved, and the members of the Legislature be urged to pass this bill and enact it as a law for the State of Massachusetts."

The Convention was unanimous in expressions of approval of this bill to eradicate noxious weeds, and expressed the hope that Massachusetts would take a forward step in the interest of the health of the many thousands of persons who suffer from the Summer diseases of Hay Fever and Asthma. The Secretary was also instructed to arrange for the introduction of a similar bill in the New Hampshire Legislature.

("Adventures in Hay Fever," by Mrs. Corra Harris appears in the *Saturday Evening Post* for June 26, 1915. It is a humorous account of this session).

In the evening Dr. Charles E. Barker, of New York, for four years physical adviser to ex-President Taft, gave a very interesting lecture on "How to live to be 100 years old." This lecture was full of excellent points and advice on how to take proper care of the body. Various forms of physical exercise were shown which are of vital importance to the health and happiness of all. This was the best lecture heard in Bethlehem in a long time.

These exercises are described in detail on a card to hang in your room. Two of the exercises are for Hay Fever. Cards are 25 cents each and may be secured from the Secretary.

The Convention re-assembled on Thursday morning at eleven. President Roberts in the chair. Resolutions were adopted thanking Dr. Barker for his splendid lecture; thanks to Trustees of the Methodist Church for use of the church property; thanks to the Village for the appropriation of \$50 towards expenses of the Convention. Delegate French, of Albany, suggested that the Village be



At Bethlehem

- 1 Champion Truitt, Secretary Jerome, President Roberts and Dr. Barker.
- 2 Sneezers Orchestra.
- 3 Sneezing Contest and the Movies.

requested to increase the amount next year to \$100. This was approved. The Treasurer's report was read and approved. The Auditor, Miss L. B. Gachus, filed a report showing examination and approval of the Treasurer's accounts. Dr. Harlow, Chairman of the Nominating Committee, presented his report and moved the election of officers named. The vote was unanimous for the following: President, Guy Roberts; Vice-President, Wm. M. Patterson; Secretary-Treasurer, P. F. Jerome. A resolution of appreciation of the work of the officers during the past year was adopted. Letters of greeting were read from Max Mayer, E. H. Seward and J. Grossman.

In the discussion of immune places, a number of changes were made in the printed list, and considerable concern was expressed as to the continued immunity of Bethlehem, owing to invasion of ragweed at Bethlehem Junction and golden rod in fields near the village.

President Roberts appointed members of Executive Committee: A. C. Wallin, M. D.; W. H. Allee, M. D.; Wm. McAuliffe, W. H. Warner and A. J. Dexter.

TAKE NOTHING OF UNKNOWN CON- STITUENTS

Take what you take under the advice of a physician in whom you have confidence. Treatment based on mistaken theories is likely to fail or even injure. Apparent relief for a week or more or even for a season, is not an uncommon experience, but only to be followed by reaction or failure or injury. Therefore the mere suppression of symptoms, apparent or real, for a time, is not necessarily a sure cure or even a safe relief. We have suffered too much from merely tentative or hypothetical treatment, to be hasty in giving trial or endorsement to proposed remedies, especially when they are of unknown constituents, unscientific origin or unprofessional secrecy.



At Bethlehem

- 1 The Quartet and Chorus.
- 2 Lawn Party.
- 3 Uncle Sam Killing the Germ.
- 4 Master Sneezers Reunion.

NEW YORK MEETINGS

March 29, 1915. Vice President Wm. M. Patterson presided.

After the greeting by the Chairman, the Secretary, P. F. Jerome, conducted a review of immune places and the members spoke freely of their experiences. It was generally agreed that Stamford, N. Y., is not immune.

Eleven members present had undergone nasal operations for relief of Hay Fever and only one was satisfied with result. This is the usual percentage of relief reported at our meetings.

A resolution was adopted urging the village of Bethlehem, N. H., to settle the dust question by having the streets properly oiled.

Doctors Seymour Oppenheimer and Mark J. Gottlieb presented the results of their experimental research in the "Active Immunization of Hay Fever." A chart was exhibited showing eleven cases treated in 1914 for fall Hay Fever. Six were treated before the attack. One was cured for the season, four had very mild symptoms and one was not improved. Five cases were treated during the attack. Four were relieved after having one to four injections of pollen extract and one was not benefited. There were five cures for the season. A preliminary report describing the method in detail appeared in the New York Medical Journal Feb. 6, 1915.

June 11, 1915. Secretary P. F. Jerome presiding. Sixty members present. In the discussion of new remedies, statements were made of eight preparations investigated by the Secretary. In an endeavor to find immune places near New York, help has been rendered by newspapers, and by railroad companies sending questionnaires to their agents. A number of new places are now found in the list in this Report. Grime's Hill on Staten Island, N. Y., is of interest to New York members. A later report will be received from this place.

A letter was read from Dr. Oppenheimer stating gratifying results in the immunization of cases of Rose Fever during the past month.

Dr. I. R. Boothby, of Newark, N. J., presented a paper on the results of his treatment of Hay Fever by inoculation. He stated that he had treated thirty cases with one failure. Six clinical cases were described in detail and these patients were present and substantiated the Doctor's claims.

A vote of members present concerning heredity of Hay Fever showed four cases where parents had Hay Fever; no cases of grandparents; seven had Hay Fever before fifteen years of age; fifteen began between ages twenty and thirty. In three cases, eczema was present. Twelve had nasal operations from which only three found relief.

Dr. E. L. Whittemore of New York described the treatment using Oxypinene produced on a Terpizone generator in the form of vapor. Clinical reports were given of four cases. Oxypinene is a stimulant to the mucous membrane. It is anti-septic and bactericidal. Dr. Whittemore demonstrated the use of the generator at the conclusion of the meeting.

THEORIES AND EXPERIENCE

Neither the Association nor its Secretary endorses all the papers or statements presented at our meetings or in our reports, even though no criticism accompanies. We welcome the results of investigation or study whether of original or compiled character. Enough theories have been exploded in our meetings to have shattered Hay Fever to atoms—or to germs. The explosions have been harmless to Hay Fever, but fatal to the theories. Yet the truly scientific investigator is glad to have a theory exploded that will not stand the test. It excludes it from leading him farther on a wrong scent. There is no better test of Hay Fever theories than to present them at our public meetings. A theory that will stand the test of experiences related there will be welcomed by the scientific and professional world, and particularly by the great army of Hay Fever sufferers and their annually disturbed families and friends.

SNEEZELETS

The Forty-second Annual Convention of the Association will be held at Bethlehem, N. H., in the White Mountains, on Thursday, September 2d, 1915, at 3 P. M. The program for the public meeting will include informal discussion and personal experiences as to places and remedies. An adjourned meeting for members only for election of officers and other business will be held on Friday, September 3d, at 11 A. M.

The professional lecture program will be given at 3 P. M. on Friday afternoon, at Maplewood, N. H., in the Casino of the Maplewood Hotel. The Convention will consider at this meeting the advanced progress recently made in the treatment of Hay Fever.

Membership.—The object of the Association is the seeking for information which will serve to relieve sufferers with Hay Fever. To this end all Hay-Feverites, the townspeople and proprietors of hotels of places exempt from Hay Fever, the manufacturers of remedies for Hay Fever, and especially physicians who have made a study of this disease are invited to become members of the Association, that all may work together for the best results. Expenses of the Association are defrayed by voluntary contributions, and also the annual dues, fifty cents, which are payable on January 1st of each year. One Dollar may be paid for two years. Money orders and postage may be sent to the Secretary-Treasurer, to whom also all other communications should be addressed.

Personal Request.—The Secretary requests members of the Association to detach and fill out and return the history blank on last page promptly after the Hay Fever season closes. Send names and addresses of all Hay-Feverites who may be interested in our Association, to the Secretary. The Association has quite a collection of pamphlets on the subject of Hay Fever. Members are requested to send to the Secretary copies of any booklets, articles, or clippings which may come to their attention.

WHERE TO GO

PLACES VISITED BY MEMBERS

Locality	Exempt	Not Exempt	Partially
Adirondacks, Interior.	20	8	8
Ashland, Wis.	3	..	2
Atlantic City, N. J.	1	11	5
Banff, Can.	3
Barton, Vt.	5	..	2
Bayfield, Wis.	7	..	1
Beach Haven.	3	16	8
Bermuda	4
Bethlehem, N. H.	104	23	65
Big Moose, N. Y.	12
Block Island.	1	7	4
Blue Mt. Adirondacks.	13	..	5
Bretton Woods, N. H.	41	..	2
California.	6	7	5
Camp Diamond, N. H.	2	..	2
Campobello	47
Canal Zone, Panama	1
Cape Breton Island.	5	..	3
Cape Forchu, N. S.	1
Catskills.	2	20	4
Chester, N. S.	2
Colebrook, N. H.	7	5	5
Colorado.	3	6	3
Connecticut Lakes, N. H.	3
Coreys, N. Y.	1
Crawfords, N. H.	11	1	2
Digby, N. S.	13	2	6
Dixville Notch, N. H.	52	..	6
Eagle's Nest, N. C.	19
Eagle's Mere, Pa.	1	8	6
Eastport, Me.	5	3	9
Estes' Park, Col.	1
Europe, generally.	17	..	2
Fabyans, N. H.	45	..	3
Fire Island.	2	8	6
Franconia	6	2	9
Georgian Bay, Can.	5
Glen Ayre, N. C.	11
Grime's Hill, Staten Island, N. Y.	1
Halifax, N. S.	5	5	6
Hot Springs, S. Dak.	19
Jefferson, N. H.	28	3	15
Jefferson Highlands, N. H.	6	..	4
Keene Valley.	3	4	5
Kane, Pa.	39

The Report blank for use in correcting this list is found on page 48.

WHERE TO GO—Continued

Locality	Exempt	Not Exempt	Partially
Kineo, Maine.....	22	..	4
Kingfield, Maine.....	3
Lake Kezar, Maine.....	1	1	..
Lake Clear, N. Y.	1
Lake Placid, Adirondacks....	10	9	11
Lewiston, Mont.....	1
Lake Mahopac, N. Y.	1
Littleton, N. H.....	1	6	3
Loon Lake, Adirondacks.....	4	..	2
Mackinac Island.....	10	5	14
Marquette	4	2	7
Martha's Vineyard.....	2	9	3
Montreal.....	3	7	6
Montrose, Pa	2	..	1
Muskoka Lakes, Canada.....	10	2	9
Nantucket	1	8	..
No. Woodstock, N. H.....	1
Norfolk, Conn.....	1
Ocean Grove, N. J.....	1
Ocean Beach, Fire Island.....	3
Old Forge Lake.....	27
Petosky.....	4	9	11
Point of Woods, L. I.....	1
Prince Edward Island	10
Quebec.....	2
Rangeley Lakes.....	21	2	12
Randolph, N. H.....	1
Sandy Cove, N. S.	1
San Diego, Cal.....	2	2	3
San Francisco.....	4	6	..
Saranac Lake.....	5
Sault Ste. Marie.....	6	..	3
Sebastian, Fla.	1
South Woodbury, Vt.....	1
St. Andrews, N. B.....	13	2	5
Sugar Hill, N. H.....	8	3	8
Summerside, P. Edw. I.....	2
Superior, Wis.....	2	..	1
Twin Mountain.....	13	..	5
Thousand Ids. N. Y.....	1
Twilight Park, N. Y.....	1
Tampa, Fla.....	1
Upper Bartlett, N. H.....	1	1	..
Welaka, Fla.	1
Whycocomagh, N. S.....	1
Willoughby Lake	4
Yarmouth, N. S.....	11	1	2

NOTE.—Since conditions at the above places are subject to change, members are urged to report annually the results of visits at these places or others not mentioned herein.

A Pennsylvania Mecca

Dr. W. P. Burdick, of Kane, Pa., writes as follows on June 11, 1915

“ I have been asked to state in a few words some of the natural advantages of Kane especially as they apply to diseases of the respiratory tract,—such as Hay Fever, Asthma, etc. To begin with, such patients usually have an overworked heart, and being situated as we are on a plateau at an elevation of about 2200 feet, it is found that the air is not so rare as to put an extra strain upon the heart, and yet it is rare enough to be easily inspired. This plateau on which the town is situated is called the health belt of the state, and the elevation is called an intermediate one. A slightly higher or a slightly lower one would not be nearly so beneficial to these patients. Then, too, the surrounding country is comparatively free from noxious weeds whose pollen is so irritating to those afflicted with the class of diseases mentioned above. Not only is the atmosphere peculiarly dry (situated as we are above the fogs), but early frosts, which are so welcome to the sufferers, usually come in late August or early September.

So beneficial is the climate in this respect that there is a marked increase from year to year in the number of patients coming here for relief. This increase is due solely to the advertising of patients who have been here and received marked benefit.”

TRIP TO CALIFORNIA

Mr. Stephen H. Voris, of Jamaica, N. Y., writes

"I have suffered from about the 15th to 19th of August to the latter part of September or early part of October every year for over twenty years, but for the last four or five years I have made it a point to take my vacation during this period and take it at some place which was likely to be reasonably free from rag weed and hay fever.

I left New York on August 6th, and went by way of Pennsylvania Railroad & Sante Fe from Chicago to Grand Canyon. Spent three days there, then continued to Los Angeles, spent four days there; then to Yosemite where about a week was spent; then to San Francisco for a couple of days, Portland and Seattle each for a day or two, and back through the Canadian Rockies, stopping for two days at Lake Louise and one day at Banff. I had slight symptoms more or less on the trip, they being in the nature of discharge from the nose not as frequent as generally in Hay Fever, and appearing to be similar to the discharge from a cold rather than the continuous watery discharge common to Hay Fever. I had practically no eye symptoms, and very little sneezing, on the average of not over two or three times a day, some times not at all. The country was very dry all throughout the Western section, and I saw no rag weed.

I arrived at Toronto on September 11th, and New York on the night of September 12th, and when I arrived home had more symptoms of Hay Fever from then on for the next three weeks, than I had had at any time on the trip, in fact, considerably more, and it continued with me more or less until almost the middle of October, although last year after returning from Bermuda I only had a couple of weeks of it.

The time intervening between Dr. Barker's lecture and the time I left for the West, I followed his exercises, but was unable to continue them after leaving. With that exception the only thing I did was to use a little Metholatum and Rhinoculin, which it is possible helped some on the train."

SUGGESTED BILL FOR STATE LEGISLATION

An Act, Relative to the Removal of Noxious Weeds from Highways and Lands bordering upon the Same for the Relief of Hay Fever and Summer Asthma.

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

Section 1. It shall be the duty of the highway commissioner and the overseer of highways to cut or cause to be cut, prior to the first day of July and again before the first day of September in each year, all brush within the limits of any highway, except any young trees which have been set out by property owners for shade or other purposes, but to cut or cause to be cut down and destroyed all ragweed, Canadian thistles, milkweed, wild carrots, oxeye daisies, goldenrod, or other noxious weeds growing therein, to prevent their going to seed, for a distance of twenty-five feet from the roadway.

Section 2. It shall be the duty of the commissioner of highways in each district to post notices in conspicuous places to set forth the fact that all noxious weeds must be cut down before a certain date.

Section 3. Owners of property in the city limits, whether occupied or not, in which such noxious weeds are growing are to be destroyed by the owner, and if not destroyed, the highway commissioner is to have it done and the expense for cutting and destroying to be a lien against said property and collected as taxes. It shall be the duty of the highway commissioner and overseer of highways, or someone whom said overseer may employ to assist in carrying on the work, to enter upon the land and to cause all such noxious weeds to be cut down, and he shall not be liable to be sued in any action of trespass therefor.

Section 4. All railroad corporations or companies doing business in this commonwealth shall cut down such weeds each year before the fifteenth of June and the first of July, and again between

the tenth day of August and the first of September, and at such other times during the year as will prevent such weeds going to seed. In case any such companies refuse or neglect to comply with these requirements, then the said overseer shall enter upon such lands and destroy the weeds at the expense of the corporation on whose land such noxious weeds are growing.

Section 5. It shall be the duty of the prosecuting attorney of each county to prosecute all violations of the provisions of this act which shall come to his knowledge.

Section 6. This act shall take effect upon its passage.

FLOWERS AND HAY FEVER

Although flowers are beautiful to look upon and are no source of discomfort to the majority of summer visitors, it will be found that the cultivation of flowers in exempt Hay Fever districts, and the placing of flowers on dining room tables, are sources of great discomfort to Hay Fever sufferers. Visitors who are free will co-operate with hotel keepers who are interested in the comfort of *all* his guests. Cultivation of corn fields should also be avoided in places catering to Hay-Feverites. Hay Fever patronage is the best crop that can be raised in an exempt locality.

LOCAL ORDINANCES

Anti-Weed ordinances are on the books of most municipalities. Let every Hay-Feverite write to his local Board of Health urging enforcement of the law before the blossoming period arrives. This will relieve the distress of many sufferers. Simply by calling attention to the matter through the newspapers will help in many cases. A model law for cities, towns or states will be sent on request.

TYPICAL EXPERIENCES

J. N. 18 years. Inherited from father and grandfather. Sneezing produced by flowers, potato blossoms and moth balls. Relief when auto riding in White Mountains.

J. N. McK. July 1 began to eat lightly, breathe deeply, take plenty of exercise, keep bowels free and take hot bath daily. To relieve irritation to eyes, washed head and face with warm water and sometimes used soap to remove deposit of secretion. Bathed eyes in warm water. Aug. 28, reported only slight symptoms and much better than 1913.

D. R. Hay Fever for 30 years. Formerly lived in Chicago. Now in Sebastian, Florida. Always came north to avoid Hay Fever. In 1912 returned to Florida late September still sneezing and free in Jacksonville. 1913 returned to Florida early September with same relief. In 1914 stayed in Sebastian during Hay Fever season and had no symptoms.

G. T. H. Used Maignen's Powder at Silver Bay, Lake George, with helpful results.

A. R. H. Used Hydrozone as spray and gargle and able to stay at home with comfort.

E. E. S. Anesthone cream gave good results—sneezed for 40 years. Also tried refrigerating room at Battle Creek Sanitarium.

D. H. S. A victim for 30 years. Used Glyco-Thymoline in douche every four hours with great relief.

W. L. Used cloth wet with witch hazel over face before going to sleep at night, also around neck. Eye irritation relieved with cocoa butter.

J. V. M. Received Maignen Powder near end of season and received more benefit than from anything else.

R. A. T. On a long summer railroad trip snuffed up ice water night and morning with good results.

W. H. F. Used Maignen's Powder August 12-27 with positive relief. Severity of disease forced me to go away and I was free at Loon Lake and Lake Placid.

LIST OF OFFICERS

PRESIDENTS

1874	Hon. Frank B. Fay, Chelsea, Mass.
1874—1876	Judge C. H. Briscoe, Thompsonville, Conn.
1876—1877	Judge Grant Goodrich, Chicago.
1877—1883	Col. M. Richards Muckle, Philadelphia.
1883—1887	Hon. Frank B. Fay, Chelsea, Mass.
1887—1891	Prof. Samuel Lockwood, Freehold, N. J.
1891—1892	Col. M. Richards Muckle.
1892—1894	Hon. Frank B. Fay.
1894—1895	Hon. David Wills, Gettysburg, Pa.
1895—1898	Hon. Theodore W. Ellis, Springfield, Mass.
1898—1901	J. G. Williamson, Jr., Esq., New York.
1901—1910	Rev. Samuel Allen Harlow, Grafton, Mass.
1910—1912	Rev. Clayton E. Delameter, West Bridgewater, Mass.
1912—	Rev. Guy Roberts, Bethlehem, N. H.

SECRETARIES

1874	W. M. Davis, Syracuse.
1874—1877	Hon. Frank B. Fay.
1877—1882	E. S. Hoyt, Portland, Me.
1882—1885	C. E. Bushee, East Boston, Mass.
1885—1887	C. C. Dawson, Lowell.
1887—1906	Rev. John Peacock, Holmesburgh, Pa.
1906—1910	Wm. M. Patterson, New York.
1910—	P. F. Jerome, New York.

APPRECIATION

Advertisers.—On request to any firm, members may secure the names and address of persons who claim to have been helped, and further details. To those members who can only find relief in change of climate, we heartily commend the Hotels listed herein as especially suitable. Please mention this Report when writing to our friends, the advertisers.

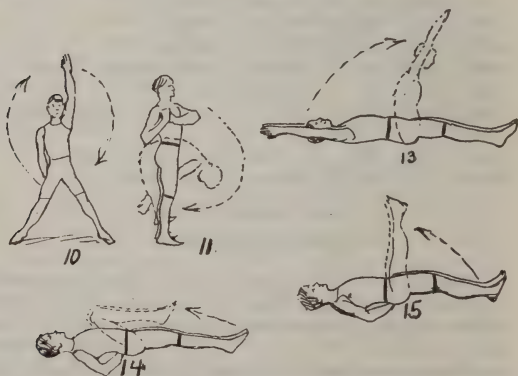
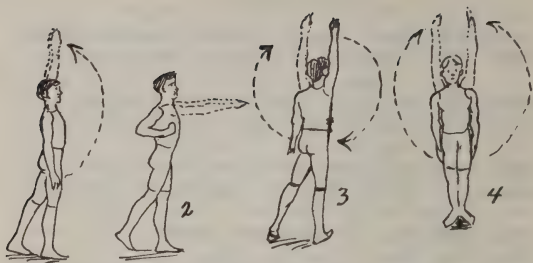


Diagram to accompany the exercise card referred to on page 15.

Register at Bethlehem

Members of the Association who expect to spend the season at Bethlehem, Maplewood and nearby Resorts are requested to register names and addresses in the *Official Register* at the office of the Bethlehem Outlook, in the Jackson Block. Persons who may be interested in joining the Association will also be welcome.

For further information write

P. F. JEROME, *Secretary*

125 East 27th St.

New York, N. Y.

“*The Howard*”

BETHLEHEM, N. H.

“*In the Heart of the White Mountains*”

H. A. COLE, Mgr.

This season, *The Howard*, renovated and under new management, opens its season July 1 to October 10. Mr. Cole, the manager of D. L. Page Co., Restaurant, of Lowell, Mass., has been connected with The Oceanside, Magnolia, Mass., and feels that he understands the needs and comforts of his patrons sufficiently to entitle *The Howard* to the very best patronage in the mountains.

STATEN ISLAND NEW YORK HARBOR

Grime's Hill on Staten Island is the highest point on the North Atlantic Coast. The **May Estate** is on the summit overlooking the Narrows and Lower Bay. Prevailing summer winds come across the Bay. The Residence is fifteen minutes by trolley from Staten Island Ferry. In 1914, Mr. J. A. Tierney, 27 Madison Ave., New York, found relief on Grime's Hill. He has had Hay Fever for 20 years.

Hay Fever sufferers are invited to visit this place to test its immunity. No mosquitoes. Rates on request. References required.

Telephone 2054 Tompkinsville.

Mrs. John May

Grime's Hill, Staten Island, N. Y.
Cor. Louis Street and Howard Avenue

ADIRONDACKS BLUE MOUNTAIN HOUSE Blue Mountain Lake, N. Y.

Easily reached by rail and steamer or by automobile. Good roads. Beautiful scenery all the way. View from the house is grand and most beautiful. Elevation 2055 feet. It is claimed by those who have tried it, to be one of the best places known to get relief and temporary cure from Hay Fever.

Write for booklet of house or for auto route map.

M. T. Merwin, Proprietor

THE COLUMBUS

Bethlehem, N. H.

Centrally located. All modern improvements. Cuisine excellent. Outdoor sports. For booklet and rates, write.

Edward Fitzgerald, *Manager*

Formerly of Fitzgerald Cottage

THE BETHMER INN

In White Mountains

New Management 1915-1916

Newly furnished throughout. Located on Main street near station and golf links. Large rooms, good closets, electric lights. Excellent cuisine service. Capacity fifty.

Three minutes walk from station. Near post office and theatre.

For rates address:

Miss A. N. Blair, *Manager*

Bethlehem, N. H.

Winter season:

The Barcelona

St. Augustine, Fla.

(Simpler Speling)

When Other Refuje Fails Try Placid

HUNDREDS who hav tryd the most famus resorts get relief as no wher els at Lake Placid, universally recognized as most beautiful of 100 resorts in New York's 4,000,000 acre State Park, the world famus Adirondaks. In the Northeast corner, with wind usually southwest, 20 times a minit the lungs fil with air filterd thru 4,000,000 acres of balsam and pine, wher ther ar no cities or factories to pollute. This combines tonic of hy altitude, 1900 feet, with softness of suthern pines. Even the first hours of one's stay proves the marvelous caracter of this 'best climate on erth'; the verdict it has won from thousands.

¶ Stray rag weed, goldenrod or other vegetation under suspicion is carefully eradicated by influential Hay Feverites. The village keeps down street dust by liberal sprinkling with oil.

¶ Each year more people declare Placid their safest refuje. Proof of its superlativ merit is that the most famus and successful of American mountain clubs was located here in 1895, after thoro canvass from Quebec to New Orleans and from Halifax to Santa Barbara by its comiti of Hay Feverites, who had expert medical and sien-tific advice in choosing from all America the very best place for the new Club Home. From 30 the first year, it grew to 900 guests at once and now has 255 bildings, on its 7000 acres. For Hay Fever victims, besides Lake Placid Club, scores of hotels and boarding houses from cheapest to best, meet all needs. Both trunk line railways N. Y. C. and D. & H. now run hy grade thru expres trains, both nyt and day.

Addres

Board of Trade, Lake Placid, N. Y.

If You Would Escape
HAY FEVER
GO TO BERMUDA

"Nature's Fairyland"

The salutary effect of the soft, salt air in combination with brilliant sunshine and a charming reposeful environment, is immediate.



The healthfulness of the Bermuda Islands is as renowned as their beauty. Here you may indulge in all Summer sports or view the marvels of Bermuda's wonderful caves and sea-gardens or you may ride, drive and wheel over the world's finest white coral roadways through a veritable Fairyland of loveliness.



GOLF — TENNIS — BASEBALL — CRICKET
SAILING — BATHING — FISHING — CYCLING

Cooler than Middle Atlantic Coast Resorts

Send for low-cost Summer tour booklet giving full costs and descriptions of tours which include all expenses covering steamship, hotel and all side trips, ranging from 9 days upward.

S. S. "Bermudian"

Twin Screw—10,518 Tons Displacement

Largest and Fastest Steamer to Bermuda
Sails Alternate Wednesdays and Saturdays

QUEBEC STEAMSHIP CO., 32 Broadway.
 New York, or THOS. COOK & SON, 245 and
 2081 Broadway, and 264 and 561 Fifth Avenue.

New York, or any Ticket Agent.

Ocean Beach—Fire Island

New Surf Hotel

MODERN UP-TO-DATE

ACCOMMODATES 150 GUESTS

RATES MODERATE

*FURNISHED ROOMS OR COTTAGES TO
RENT BY SEASON, MONTH OR WEEK*

¶ Invigorating air (no dust), surf and still water bathing, shooting, boating, and cool refreshing ocean breezes.

¶ The experience of a number of persons relieved of Hay Fever during 1914 at Ocean Beach, is the basis of our invitation to you to spend the season of 1915 at Ocean Beach.

Ocean Beach Improvement Co.

32 East 128th Street, New York

or

Ocean Beach, Suffolk Co., New York

MOUNT KINEO, MAINE

ON MOOSEHEAD LAKE

A Famous Resort for over Seventy Years

NEW MOUNT KINEO HOUSE

ANNEX and COTTAGES

C. A. Judkins, Mgr.

Hay fever sufferers find Kineo unequalled, as the records show, and nowhere are there greater opportunities for rest, pleasure and health. Accommodations for 600 guests, with golf, tennis, motor boating, driving, horseback riding, music, dancing, in the most beautiful and comfortable surroundings.

May 15th to September 27th, 1915

Conducted by

RICKER HOTEL COMPANY

TURNER'S TAVERN

BETHLEHEM, N. H.

Modern and Up-to-Date

Rates \$3 to \$3.50 per day and
\$14 to \$25 per week

GEO. H. TURNER, Prop.

Maplehurst

A homelike hotel, giving its guests the best service and a particularly good table with an abundance of well cooked food. Rooms all light, good size and all modern conveniences.

Hotel accommodates 75 guests

Rates: \$12 and up per week

Illustrated booklet sent on request

William A. Rowe and Company
BETHLEHEM, N. H.

How Funny

that so many people will read this advertisement and still cry about hay fever, yet for some reason cannot spare a 1 cent post card to write us for a large free sample of our

DENNIS EUCALYPTUS OINTMENT FOR HAY FEVER

You can lose nothing but a chance to help yourself. Address:

DENNIS MFG. CO.,
2648 Stuart Street,
Berkeley, Calif

..RHINOCULIN..

IN

HAY FEVER

as a prophylactic by preventing the penetration of the pollen into the mucous membrane, rendering the same less sensitive and more resistant to irritation;

as a palliative by alleviating the irritation and healing the inflamed tissues.

The German Hay Fever Association reports success in 72 % of all cases treated.

No morphin or cocain *External Application*

C. BISCHOFF & CO., Inc.
451-453 Washington Street, N. Y.

THE BERMAKEN

KENBERMA, MASS.

KENBERMA is 20 miles from Boston on South Shore. The Bermaken, three minutes walk from the station is right on the ocean, with a fine sandy beach and good safe bathing. **EVERY** room faces the water: bath on every floor, electric lights and open plumbing. The place is quiet, restful and invigorating, and caters to people who enjoy quiet. Long distance telephone. Capacity, fifty. **GENUINE** home table; good, plain, wholesome food, well cooked and nicely served. There is no gayety but it is accessible to those who wish to find it, the Massachusetts Yacht Club being nearby and dances at larger hotels. **ROOMS** on first floor with hot and cold water, \$38 per week per couple; rooms one flight \$35; rooms two flights \$30. Separate beds \$1 per week extra. **SINGLE** \$18 and \$20. References insisted upon. **OUR RECORD SHOWS RELIEF TO BOSTON HAY FEVER SUFFERERS.**

MISS E. THOMPSON, "THE BERMAKEN"

KENBERMA, MASS.

THE PARK VIEW

H. F. HARDY

PROPRIETOR

**Bethlehem, White Mountains,
New Hampshire**

Open June first to October fifteenth. Five minutes walk to golf links, depot, churches and post office. Electric light, steam heat and sanitary plumbing. Table supplied with best country produce. Hot and cold water in eighteen rooms.

Booklet on request

The Mount Washington
and
Cottage Annex,
BETHLEHEM, N. H.

A short distance from Main Street.

GOOD ACCOMMODATIONS

Near 18-hole Golf Course and
Baseball Park

TENNIS

CROQUET

R. N. GORDON, Prop.

DIGBY, NOVA SCOTIA

LOUR LODGE

AND COTTAGES

— GOLF —

No Hay Fever or Mosquitoes

Write for Booklet to AUBREY BROWN

THE
CENTRAL
HOUSE

BETHLEHEM,
New Hampshire

*In the
White
Mountains*

GOLF, TENNIS, CROQUET

Cuisine unexcelled

Write for Booklet

W. J. LEWIS, Proprietor.

POLLANTIN

DUNBAR SERUM TREATMENT
FOR

HAY FEVER

— USED EXTERNALLY —

In

Powder - Liquid - Ointment

FRITZSCHE BROS. - New York

A COMFORTABLE
HOME *in the*
at *White Mountains*
HILLSIDE INN
Bethlehem, N. H.

RATES MODERATE
EVERY ATTENTION

TABLE WILL PLEASE YOU
OUR OWN GARDEN VEGETABLES
MILK FROM PRIVATE DAIRY

ILLUSTRATED
BOOKLET

L. T. CLAWSON, Prop.

“ Out of the Beaten Path ”

Glenellis

A YEAR-ROUND RESORT
in the wooded highlands of
THE RANGELEY
LAKE REGION

A section remarkably free from Hay Fever
Send for Special Hay Fever Booklet
and further particulars to

ANDOVER,
Oxford County,
Maine.

F. E. LESLIE,
Manager.

"The Most Modern, Richly Furnished and Highest Class Hotel in the Catskills."

"New" GRAND HOTEL

Catskill Mountains. Altitude 2500 feet

On "Empire
Tours" Route

NOW OPEN

New State Road
Direct to Hotel

FIREPROOF GARAGE

TELEPHONES IN EVERY ROOM

From 15 to 20 degrees cooler than New York City

*Climate, Scenery and Location Unequalled,
Either in Europe or America*

HAY FEVER, Malaria, fogs, flies and mosquitoes are unknown. SANITARY and HYGIENIC CONDITIONS ABSOLUTELY PERFECT. Drinking water from one of the famous Catskill Mountain Crystal Springs, piped through hotel.

UNDER NEW MANAGEMENT

**Cuisine and service of the highest standard of excellence.
Superior grille and Rathskeller. Reasonable Prices**

Excellent Accommodations for Conventions

Magnificent Ball Room, perfect dancing floor. Special attractions and inducements for the younger set. **Dancing afternoon and evening. Prizes given. Modern Dance "Soirees." Lady and gentlemen instructors. Daily Tea Dansant. No extra charge to guests. Orchestra under the direction of Prof. S. Zaveleff, of the Metropolitan Opera House. Concerts twice daily. Prizes given for golf, tennis, billiards, pool and bowling tournaments. Baseball and mountain climbing. Parlor car service from New York City without change. Riding and driving horses under the personal charge of Oscar Hauter, of West 58th Street, near 5th Avenue, New York City.**

**Grand Inaugural Ball Fourth of July, Exhibition Dancing, Favors Given
Depot Motor Car Service. High Class Automobiles to Hire**

*Special rates for families. Rooms singly or en suite
Transients \$4 a day and up*

For reservations, address, call or phone

HARRISON S. DOWNS, Proprietor

**New Grand Hotel, Catskill Mountains
Highmount P. O., N. Y.**

YARMOUTH

NOVA SCOTIA

NO HAY FEVER

Summer temperature averages 70 degrees at noon; first-class hotels; also good board in town and country; boating, salt and fresh water fishing, hunting, golf, charming drives, excellent roads; regular steamship service from Boston.

WRITE FOR BOOKLET

J. BOND GRAY

Box 129

Sec'y Tourist Committee

ELEVATION 5050 FEET

EAGLES' NEST AND CAMP

Eagles' Nest P. O. Hayward Co., N. C.

Overlooks Waynesville and Lake Junaluska, and over a half mile higher than Asheville, N. C. For scenery, air, water, climate and everything essential for the comfort and enjoyment of its patrons this favorite spot is unapproached. Positively relieved of Hay Fever. No consumptives. No annoyance from unruly children. Booklet on request.

S. C. SATTERTHWAIT, Jr., Prop.

"My family have spent the past twelve seasons with you where my wife is always free from Hay Fever."

(Signed) E. E. McMillan, Knoxville, Tenn.

POLLEN VACCINE IN HAY FEVER

The work of Drs. Noon and Freeman in England, and Drs. Clowes, Cooke, Oppenheimer, Koessler and others in this country, has conclusively demonstrated the value of vaccination against Hay Fever by means of *Pollen Vaccine*.

LEDERLE'S *Pollen Vaccine*

can be administered by any physician. The complete prophylactic treatment consists of 15 doses, administered hyperdermically during a period of 4 to 6 weeks before the onset of Hay Fever.

Pollen Vaccine

has also been successfully used in the treatment of the actual attack of Hay Fever. According to Dr. Freeman, the immunity acquired from the vaccination lasts about one year.

Pollen Vaccine

is suitable for administration by the physician only, and upon his advice; and will not be sent except upon the order of your physician.

Lederle Antitoxin Laboratories

Schieffelin & Co., Distributors

NEW YORK

MEMBERSHIP ACCOUNT AND APPLICATION

Name

Street

City

*To the U. S. Hay Fever Association, Dr.,
125 East 27th Street, New York.*

..... **Annual Dues, 50c.**

(Send stamps or check payable to Treasurer. Year
begins with January 1.)

Please send information about the Association to
persons below :

Name

Street Address

City

Name

Street Address

City

Name

Street Address

City

(Detach and mail with dues to Secretary)

Personal Report for Year.....

Name

Address Street.....

City

Hay Fever for.....years

Season Period from.....to.....

Remedy used during past year:

Results

Have Rose Cold.....

Have Asthma.....

Visited places below for relief: Result.

Use separate sheets for additional information if necessary, and mail to the Secretary with annual dues, 50c.

The Sinclair

Bethlehem, White Mountains

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The United States Hay Fever Association

Forty-third Anniversary Report
Nineteen-Sixteen

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Organized 1873

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and the Officers

Additional Copies of this Report may be secured
from the Secretary at 25 cents each

GREETING FROM THE PRESIDENT

To our Members :

We submit herewith our annual report with the hope that you will find therein much that is interesting and helpful. Last year those of us who were fortunate enough to visit Bethlehem were afforded almost complete immunity.

Our annual convention was held there and at Maplewood, N. H., and the large attendance and enthusiasm manifested was very encouraging to the officers, and augurs well for the future welfare and success of the Association.

We purpose this summer to hold the Convention at Bethlehem on August 31. The plan of holding a chain of meetings is now under discussion by the executive committee. Notice of other meetings will be given at the Convention. Addresses will be made which should prove most interesting and instructive.

This booklet contains a list of places in which many of our members have found relief and we should be glad to hear of other places not mentioned.

If you cannot attend the Convention and have anything of interest to offer, kindly communicate with the Secretary at Bethlehem, N. H.

JOHN R. PINOVER,
President.

EXTRACTS

From Report of Secretary P. F. Jerome read at the
Bethlehem meeting 1915.

A number of new remedies have been suggested to the Secretary since the issuance of the printed report. Among these are the Autopoise, Palm Leaf, the Jack Frost Remedy and Antiseptis.

A number of branch association meetings have been held as follows: At Ocean Beach, Fire Island, on July 11, a group of some fifty persons got together to talk over the advantages of Fire Island as a place of relief. The Secretary secured the names and addresses of some fifty persons who have benefitted by going to Fire Island. Correspondence has been opened with this list of names with some answers.

On August 27, 1915, the first annual meeting of the New York State Branch was held at Lake Placid, New York, at the Lake Placid Club, at which the Secretary was in attendance. Melvil Dewey presided. Over 100 persons were present. At the experience meeting, the unanimous reports from many persons indicated complete relief from hay fever and asthma. Sneezers from Philadelphia and New York whose attacks were in full progress before leaving for the mountains found immunity on the day of arrival at Lake Placid. It was decided to hold the second meeting in August 1916.

For several years a number of Hay Fever people have been going to Kane, Pennsylvania, for Hay Fever relief. Early in June I was able to set forces in motion which have made Kane a much more desirable place for Hay Fever people. With the cooperation of the Kane Business Men's Association, and the Passenger Department of the Pennsylvania Railroad Company, I succeeded in having an ordinance put into effect in Kane, cutting down all the noxious weeds and having the streets well sprinkled. An association has been formed in Kane, of some forty members, of which Charles G. Snyder, of Pittsburgh is the President. The first meeting of the Pennsylvania branch was also held on August 27 in Kane, Pa. The mayor of the city welcomed the delegates and President Snyder followed the same outline for the experience meeting as at Bethlehem. He reports unusually cool weather and practical freedom for the hay feverites.

The third meeting on the same day was held at Eagles Nest, N. C., altitude 5050 feet. A similar outline was provided for this meeting which brought together about fifty hay feverites.

Dr. I. R. Boothby of Newark, N. J., who spoke at our New York City meeting in June, reports success-

ful control of a test case of asthma and hay fever up to August 31. J. H. Devoe is the patient and has been sneezing for over sixty years. Dr. Boothby has now over 80 hay feverites in his care taking a blood serum treatment.

Dr. Isaac Oppenheimer of New York City reports successful treatments in three test cases, Mrs. Ward, Mr. Jones and Mr. Straub.

Dr. Elmer E. Lee of New York City has written an interesting article on hay fever and diet published in the August number of Health Culture. He advises a vegetarian diet.

In September Everybody's Magazine is a new suggestion. It tells of the treatment of Dr. William A. Fitzgerald of Hartford, it relates to nerve control. He illustrates pinching a nerve centre on the toe to relieve toothache. Likewise you may press the hay fever button to stop sneezing.

The association is to be congratulated on the interest it has awakened in the medical profession and it begins to look as if the days of sneezing and sniffing were numbered.

One of our members in New Orleans, Dr. William P. Scheppegrell, has organized the American Hay Fever Prevention Association and has issued a bulletin during the past month calling attention to noxious weeds and urging care in diet. This society is working through boards of health in successfully educating the officials to regard hay fever as a preventable disease.

This year 1915 completes my sixth year as secretary of the association. In handing over the office and good will to my successor, may I urge loyal support on the part of the members to assist in a work which has as its reward the abolishment of our pet disease.

CONVENTIONS IN 1915

BETHLEHEM, N. H.

The forty-second annual White Mountain Hay Fever Convention of the United States Association, at Bethlehem, N. H., September 2-3, proved the most interesting and instructive of recent years. Progress is generally reported in warfare against the natural enemies of the sufferers with awakening legislative interest, and last but by no means least, the forming of a National Prevention Society which starts a general campaign of educational enlightenment.

President Guy Roberts called the opening meeting to order in the Methodist church, Thursday afternoon;

the generous attendance made up not alone of "sneezers," but interested immunes; the welcome by Rev. Arthur Wright, pastor of the church, followed by the secretary's annual report, the usual business, conferring of degrees, experiences and suggested remedies, questions of heredity, definition contest, and the usual poetess-laureate verses.

On Thursday evening, two notable addresses were given. Dr. Henri Iskowitz presented a paper on the subject, "Immunization in Hay Fever," and described the results of his work in New York.

Undoubtedly the most interesting phase of the convention was the second address of the evening by R. Kendrick Smith, M. D., on "Osteopathy and Hay Fever;" the new and radical viewpoint of specialists skeptical as to therapeutic treatment for the disease.

In opening he emphasized the point that osteopaths treated not the disease but the patient, arguing on the basis that lowered resistance, not germs, caused the disease. With the passing of the system of drug medication there is coming recognition and application in practice of the fundamental principles of biology, that the body is essentially a machine. The sequel is applied anatomy. If the body is mechanical in its health, disease is but perverted physiology or disturbed mechanical action. The treatment of disease, therefore, is logically mechanical readjustment to as near normal as possible.

Dr. Smith further explained the treatment which has as its basic principle, removal of the cause, and the osteopath does not confine his search for a cause in the area of symptoms. There are other causes believed to be more fundamental than the mechanical conditions removed by the treatment already described. The development helps health, resistive power and protective mechanism of the nose are all vitally affected by anything which interferes with the nerve supply of the structures involved. Therefore the complete osteopathic treatment of a patient suffering from hay fever includes the adjustment of the neck and, also, of the upper dorsal vertebrae because in that region are nerve centers controlling the trophic, secretory and vaso-motor supply to the membranous lining to the upper respiratory tract. By adjusting both ends, by correcting the environment at the nerve origins as well as at the nerve endings, by relieving pressure interference, it is possible for these nerves to functionate normally.

On Friday morning the members meeting considered the nominating committee's report and the new officers for 1916 were elected. The list of officers appears on the first page of this booklet. An enthus-

iastic vote of thanks was given to the retiring officers. The treasurer's report was presented with a certificate of approval by the auditor.

CONVENTION AT MAPLEWOOD, N. H.

On Friday afternoon, September 3, some 200 hay feverites met in convention at the Maplewood Casino. Secretary Jerome introduced President-elect John R. Pinover, who was warmly greeted as he took the chair. After a brief welcome address, Mr. Pinover introduced Dr. Seymour Oppenheimer and his assistant, Dr. Mark J. Gottlieb, who gave the results of their investigations in finding a substance which would produce immunity under the topic: "Some General Remarks on the subject of Pollinosis (Hay Fever) with Particular Reference to its Treatment by Active Immunization and Results."

They started the treatment last year, but apparently it was so late in the season before they were ready to put their theories into practice that only eleven patients were treated. That is, they had no opportunity to deal with the spring cases, but only treated those who presented themselves before and during the season for autumnal hay fever. There were five cures recorded. Four patients were very much improved. Two patients apparently received no benefit, for reasons which will appear later.

The investigators concluded, as the result of a long series of experiments which involved a consideration of the actual meaning of the symptoms following pollen infection, that patients might be treated by any one of four methods.

First, it should be possible to make the patient immune to the poisonous factors of the pollen by injecting a dose of pollen extract just before the time of year at which he usually began to have hay fever, and then by injecting a second dose about twenty or thirty days later. These two doses should be sufficient, they argued, to excite in the blood enough of the so-called anti-bodies to offset, or act as an anti-toxin to, the toxic properties of the pollen during the regular seasonal attack.

A second method which could be used in combating an actual attack was by injecting a large quantity of serum known to be immune during the attack. This method they actually demonstrated in one of their patients. They took two ounces of blood from a vein of a patient who had received forty-five injections of ragweed extract. After examining this patient to see that he was not suffering from any disease which could be transmitted to another through his blood, eight cubic centimeters of the serum obtained from it was

injected "into a patient thirteen years of age, during a violent attack of hay fever. Before the expiration of thirty-six hours all symptoms of hay fever disappeared from this little patient and no signs of the disease returned during the entire season."

A third method of treatment that suggested itself to the physicians was by injecting very small amounts of pollen extracts at intervals of ten days, or even shorter periods, so that only minute quantities of the protective anti-bodies are formed and the patient's tolerance to pollen invasion is raised.

Still another method of treatment is by injecting small quantities of the protective substance made outside the body to produce the same results as in the third method.

Several members submitted to the pollen vaccine test as a demonstration of the method of discovering the particular pollen to which they are sensitive. The members of the convention expressed their appreciation of the research work done by Doctors Oppenheimer and Gottlieb by an enthusiastic vote of thanks. A similar vote was also given Manager Leon H. Cilley of The Maplewood for his hospitality in entertaining the Convention.

MEETING AT LAKE PLACID CLUB, N. Y.

The first meeting of New York State convention in the Adirondacks was held on Friday afternoon, August 27, in Forest Hall of the Lake Placid Club. At Lake Placid, on an altitude of twenty-two hundred feet and with air as dry as that of a desert, the members of the association enjoyed a blissful day, free from attacks by their bitter foe.

The meeting, which was in the rustic convention hall, was opened by Melvil Dewey, president of the Lake Placid Club, who told the one hundred or more members that at last they had completely routed the enemy and that they must make the most of their rare opportunity in the immunity of Lake Placid.

The experience meeting was led by P. F. Jerome of New York city, secretary of the National association. Nearly every speaker had some pet cure for the fever which he urged the members to try. In almost every instance he was followed by another sufferer who claimed to have tried that particular remedy and to have found it absolutely worthless. Others told harrowing tales of rushing from one mountain resort to another in search of relief only to find that hay fever had "beat them to it." With one accord, however, they all agreed on the complete relief at

Placid. President Dewey stated that freedom from hay fever was a large factor in the selection of Lake Placid as the home for the club.

There was a humorous side to the convention, for numerous phases of the ludicrous were presented by members. A poem entitled "The Lost Sneeze," written by Miss Miriam Teichner of New York, the poetess Laureate of the Hay Fever association, was recited with much feeling by Miss Hattie Richmond of Brooklyn. The poem follows:

Mary had a mighty sneeze,
'Twas like the blizzard's blow,
And everywhere that Mary went
The sneeze was sure to go.
To Lake Placid once she went;
This was of hope the dawn,
For Mary stays here, quite content,
While---presto!---the sneeze is gone !

A mixed chorus of simplified sneezers sang "John Brown's Body," interspersed with imitation sneezes. They responded with a bandana encore.

In the contest for degree of Master Sneezer, the official red bandana was presented to Mrs. Melvil Dewey, whose sneezing experience covers forty years.

The secretary reported having met with the village officers and secured their cooperation in cutting down the noxious weeds along the highways. Greetings were sent to the other state and national meetings.

CONVENTION AT KANE, PA.

The Pennsylvania Hay Fever Association held its third annual meeting in the Y. M. C. A. auditorium on Friday, August 27, 1915.

After a greeting by the President to the members of the Association, the Burgess of Kane, Mr. Wood, delivered a brief address of welcome to the visitors.

He was followed by Mr. Berkhouse, Secretary of the Kane Business Men's Association, who told the visitors what Kane has done to make this a safe resort for the "sneezer."

Miss Lusk of Cleveland, who has often visited the great hay fever resort at Bethlehem, New Hampshire, read a very interesting paper about that hay fever mecca.

She expressed the opinion that Kane is just as beneficial for the sufferer from hay fever as Bethlehem.

An experience meeting was held, in which various remedies for hay fever were discussed.

The meeting was one of the most interesting ever held in Kane and marks the beginning of an era of mutual cooperation between the borough authorities of Kane and the members of the United States Hay

Fever association. The Kane branch of this association desires to make Kane a headquarters for the people afflicted with hay fever coming from western Pennsylvania, western New York and Ohio.

Every hay fever visitor brings with him at least two friends.

There are about one hundred hay fever people here this season and together with their friends, Kane has about three hundred visitors who remain from one to eight weeks.

Before adjourning the following officers were elected to serve during 1916:

President, Charles G. Snyder of Pittsburg; Vice-president, Mrs. Larimer of Pittsburg; Secretary-Treasurer, Dr. C. F. Flannery of New Castle.

The association wishes to thank the borough authorities for their initial efforts in removing weeds and hopes that a similar effort will be made next year.

CONVENTION AT FIRE ISLAND, N. Y. BY MIRIAM TEICHNER

Number of sneezers in New York State	25,000
Average number of days through which they sneeze (minimum)	42
Average number of sneezes sneezed each day by each sneezer	73
Total number of sneezes sneezed in New York during hay fever season	76,650,000

These statistics when read aloud at the convention of the United States Hay Fever association at Ocean Beach, Fire Island, yesterday afternoon brought loud applause from the large number of hay feverists gathered together. The applause had in it something of a mournful pride.

The hay feverist is always conscious of the fact that the medical journals inform the seeker for knowledge that only the highly-organized, the sensitive, and the intellectual suffer from this interesting disease, and he bears his honor with a becoming grace. Therefore the convention was in all respects dignified, orderly, calm.

The only unpleasantness which arose to cloud the day's festivities came when Secretary P. F. Jerome announced that he had expected to have a telegram of brotherly congratulation from the Deutsches Heu Fieber Bund, with headquarters at Heligoland, Otto Schultz, president, but that owing to the strained relations between the two countries, which President Schultz felt were not to be sneezed at, the message was deferred.

The special reason for yesterday's meeting was to discuss Fire Island as a Mecca of Immunity for Hay

Feverites, although the association business of discussing symptoms and cures was by no means neglected. It is said by some that the Hay Fever fraternity need no longer sojourn to the White Mountains to quell the ardor of its sneezes, but that Fire Island is balm in Gilead, and effectually pours oil on the troubled waters. Among the interesting testimony was that of Marion Rusholt, who was born on Fire Island over four years ago and has never sneezed. After announcing this remarkable fact, Miss Rusholt was presented with a large bandana handkerchief, the emblem of the order, which, as she had no reason to put it to the use to which it is frequently put by association members, was knotted about her throat.

One of the heroes of the occasion was Henry Altman of 57 East Eighty-seventh street, New York city. Over one hundred remedies for hay fever were discussed, and Mr. Altman testified that he had tried them all. These remedies included psycho-analysis, suggestive therapy, Bahamism, Yogiism, astrology, osteopathy, bleeding, hypnotism, auto-suggestion, and singeing, besides many that were declared to be of utterly no value, and there was not one which had not been tried by at least a score of feverists, both rose and hay.

The more sensitive souls present felt the tears come to their eyes at the mention of ragweed. Among the other hay fever causes mentioned were: Golden rod, yarrow, field daisy, burdock, hawkweed, pigweed, wild carrot, tansey, roses---Japanese and prairie--California poppies, bay-berries, peonies and rhododendrons. One young man added moth balls, stating that the only time he found relief was when automobiling in the White Mountains.

A feeling of good fellowship with all the other hay feverists throughout the country was intensified when a paper was read showing how the sneezing starts in Texas early in the year and sweeps northward, uniting all feverists into a nation-wide band, the thunder of whose accumulated sneezes would out-Niagara Niagara itself.

Shortly before the close of the meeting, the following telegram purporting to be from Oyster Bay was read aloud:

"Please express to your members our thanks for the use of the official bandanas during our last campaign. The Bull Moose has now retired and now no longer needs a battle flag. We are for peace."

Miss Gertrude Fellows of Blue Point, L. I., read an original poem entitled, "The Land Breeze," and was presented with a bandana and appointed hay fever

poet laureate. The degree of M. S., or master sneezer, was conferred on several members by Secretary Jerome.

Among those present were Henry Altman of New York, L. N. Jones of New York, Paul Franzel of Bellevue Hospital, Mrs. Mortimer Menken of New York, R. W. Latham of Mineola, Mrs. Harcourt Woods of Bensonhurst.

THEORIES AND EXPERIENCE

Neither the association nor its officers endorse all the papers or statements presented at our meetings or in our reports, even though no criticism accompanies. We welcome the results of investigation or study whether of original or compiled character. Enough theories have been exploded in our meetings to have shattered Hay Fever to atoms---or to germs. The explosions have been harmless to Hay Fever, but fatal to the theories. Yet the truly scientific investigator is glad to have a theory exploded that will not stand the test. It excludes it from leading him farther on a wrong scent. There is no better test of Hay Fever theories than to present them at our public meetings. A theory that will stand the test of experiences related there will be welcomed by the scientific and professional world, and particularly by the great army of Hay Fever sufferers and their annually disturbed families and friends.

TAKE NOTHING OF UNKNOWN CONSTITUENTS

Take what you take under the advice of a physician in whom you have confidence. Treatment based on mistaken theories is likely to fail or even injure. Apparent relief for a week or more or even for a season, is not an uncommon experience, but only to be followed by reaction or failure or injury. Therefore the mere suppression of symptoms, apparent or real, for a time, is not necessarily a sure cure or even a safe relief. We have suffered too much from merely tentative or hypothetical treatment, to be hasty in giving trial or endorsement to proposed remedies, especially when they are of unknown constituents, unscientific origin or unprofessional secrecy.

LIST OF OFFICERS

PRESIDENTS

1874	Hon. Frank B. Fay, Chelsea, Mass.
1874---1876	Judge C. H. Briscoe, Thompsonville, Conn.
1876---1877	Judge Grant Goodrich, Chicago.
1877---1883	Col. M. Richards Muckle, Philadelphia.
1883---1887	Hon. Frank B. Fay, Chelsea, Mass.
1887---1891	Prof. Samuel Lockwood, Freehold, N. J.
1891---1892	Col. M. Richards Muckle.
1892---1894	Hon. Frank B. Fay.
1894---1895	Hon. David Wills, Gettysburg, Pa.
1895---1898	Hon. Theodore W. Ellis, Springfield, Mass.
1898---1901	J. G. Williamson, Jr., Esq., New York.
1901---1910	Rev. Samuel Allen Harlow, Grafton, Mass.
1910---1912	Rev. Clayton E. Delameter, West Bridge-water, Mass.
1912---1916	Rev. Guy Roberts, Bethlehem, N. H.
1916	John R. Pinover, Brooklyn, N. Y.

SECRETARIES

1874	W. M. Davis, Syracuse.
1874---1877	Hon. Frank B. Fay.
1877---1882	E. S. Hoyt, Portland, Me.
1882---1885	C. E. Bushee, East Boston, Mass.
1885---1887	C. C. Dawson, Lowell.
1887---1906	Rev. John Peacock, Holmesburgh, Pa.
1906---1910	Wm. M. Patterson, New York.
1910---1916	P. F. Jerome, New York.
1916	L. B. Gachus, Bethlehem, N. H.

APPRECIATION

ADVERTISERS.--On request to any firm, members may secure the names and addresses of persons who claimed to have been helped, and further details. To those members who can only find relief in change of climate, we heartily commend the Hotels listed herein as especially suitable. Please mention this Report when writing to our friends, the advertisers.

LEGISLATIVE

Introduced by Mr. Wilson, March 2, 1916---Read twice and ordered printed, and when printed to be committed to the Committee on Agriculture, in the Senate of the State of New York.

AN ACT

No. 854

To amend the agricultural law, in relation to the destruction of noxious weeds.

The People of the State of New York, represented in Senate and Assembly, do enact as follows :

Section I. Chapter nine of the laws of nineteen hundred and nine, entitled " An act in relation to agriculture, constituting chapter one of the consolidated laws," is hereby amended by adding after section three hundred and five, a new section, to be section three hundred and five-a thereof, to read as follows :

Section 305-a. It shall be the duty of every person owning or in possession of real estate within the State to cause all Canada thistles, white and yellow daisies, the so-called devil's paint brush, wild carrot, rag weed, and all other noxious weeds growing on any lands so owned or possessed to be cut down twice in each and every year, once between the fifteenth day of June and the twenty-fifth day of June, and once between the fifteenth day of August and the twenty-fifth day of August. Any person owning or possessing such lands who shall fail or neglect to cause such weeds to be cut down shall be guilty of a misdemeanor, and on conviction thereof, shall be punished by a fine of not less than five dollars nor more than twenty-five dollars for each violation. It shall be the duty of the commissioner of agriculture, on the complaint of any citizen of this state, to enforce the provisions of this section.

Section 2. This act shall take effect immediately.

ACTIVE IMMUNIZATION

The history of active immunization against " hay-fever " dates back to the work of Holbrook Curtis in 1900. In spite of the possibilities opened up by his work, active immunization received practically no attention for over ten years. In 1911 Noon and Freeman, working in Wright's laboratory, carried out extensive experimental work with the use of vaccines representing pollen extract, controlling the clinical application by the ophthalmic test to determine the susceptibility of the individual patient. Their pollen extracts have been used extensively in England. The

work of Noon and Freeman has stimulated extensive laboratory and clinical study in connection with active immunization in pollen diseases, and during the past two years the following investigators have reported upon the use of pollen extracts:

Ulrich, J. A. M. A., vol. lvii, 1914, p. 1220.

Goodale, Boston Med. and Surg. Jour., 1914, vol. clxxi, No. 19, p. 695. Ibid. vol. clxxiii, No. 2, p. 42.

Koessler, Ill. Med. Jour., 1914, vol. xxvi, No. 2, p. 121.

Oppenheimer and Gottlieb, N. Y. Med. Jour., 1915, vol. 101, No. 6, p. 229.

Lovell, Practitioner, 1914, vol. 92, p. 226.

Alexander, Liverpool Med. and Clin. Jour., 1914, vol. 34, p. 260.

Cooke, Laryngoscope, February, 1915, pp. 108-112.

Oppenheimer and Gottlieb, Bull. Med. and Chir. Faculty of Maryland, 1915, vol. 8, No. 1, p. 3.

Freeman, Lancet, 1914, vol. 1, p. 1178.

Lowdermilk, J. A. M. A., 1914, vol. 58, No. 2, p. 141.

Manning, J. A. M. A., 1915, vol. 54, No. 8, p. 655.

Editorial, Brit. Med. Jour., May 29, 1915, p. 940.

AMERICAN HAY FEVER PREVENTION ASSOCIATION

Through the initiative of Dr. William P. Scheppe-
grell, one of our loyal members in New Orleans, La.,
this energetic association was organized last year. The
officers are as follows:---President, Dr. W. P. Schep-
pegrell; Vice-president, Col. George McC. Derby; sec-
retary, Theo. Roehl; Treasurer, Charles Palfrey.

This association with headquarters in New Orleans
is emphasizing the phase of activity described by its
name. The committee on legislation is especially en-
ergetic. In April of this year the President, Dr.
Scheppegrell, stated that early summer hay fever had
already been reported, but expected great benefit
from the enforcement of the new anti-weed law and
the cooperation of the citizens. He reported that
since the last meeting, the number of the state boards
of health affiliated with the national association has
been increased to thirty.

W. J. Waguespack, chairman of the publicity com-
mittee, reported that many of the states have already
enacted anti-weed laws, these being as follows:---Ala-
bama, Arizona, California, Connecticut, Kentucky,

Idaho, Illinois, Michigan, Missouri, North Dakota, Oregon, Ohio, Pennsylvania, South Dakota, South Carolina and Washington.

While many of these laws are not as thorough as the association might wish, they would form an excellent foundation for more complete legislation. In New York, however, Senator Wilson has introduced an excellent anti-weed law, which specifically mentioned the rag weed and other hay-fever weeds. It has the support of the New York state board of health.

ANTI-WEED HINTS

The following instructions have been issued by the American Hay Fever Prevention association for the benefit of its members and hay fever sufferers in general :

“As the autumnal form of hay fever, which is the most common, persistent and annoying form of this malady, is due in August, hay fever sufferers are urged to use the most active preventive measures at this time.

“The pollens of the rag weeds (*Ambrosia artemisiifolia* and *Trifida*) are the irritating agents in practically every case of this form of hay fever, although the pollen of other weeds (golden rod, etc.), may aggravate the symptoms and in some cases even originate them.

“In order to prevent or diminish the irritating cause of this autumnal hay fever, hay fever sufferers should remain away as much as possible from roads adjoining neglected fields, which is the habitat of these weeds. They should learn to recognize the rag weed so as to avoid neighborhoods where it is common.

“Of special importance is the removal of the exciting cause from the neighborhood of the hay fever sufferer's home. In vacant lots and fields, especially if they have been at one time cultivated, the weeds should be cut down at once, which will prevent the pollenization of the rag weed if present. In order to accomplish this, hay fever sufferers should explain to the owners the relationship of such pollens to hay fever, which is as well established as any other truth in medicine. While some underlying constitutional condition and some special sensitiveness of the breathing passages may be the predisposing cause, the direct exciting cause is one or more of these pollens. This can be easily demonstrated, as an attack may be produced in susceptible patients at any time of the year, by simply applying a few particles of the pollen to their nostrils.

“When this is fully understood by the public, vacant lots and neglected fields with hay fever produc-

ing weeds will soon become rare in the neighborhood of residences. Such a result may be obtained by grazing cattle, by cultivation or mowing down the weeds before the time of pollenization. That this is entirely practical is demonstrated by the fact that it has actually been accomplished in some localities, Bethlehem, N. H., Lake Placid, N. Y., etc.

"In cases in which the owners, after such explanations, refuse to cut the weeds within incorporated limits, a report should be made to the local boards of health, as most towns already have an anti-weed law. As the public becomes educated in the relationship of rag weed and similar weeds to hay fever, of which several hundred thousands are victims in the United States, legislation against hay fever producing weeds in the neighborhood of residences and public roads will meet with little opposition.

"In the majority of cases a low nitrogenous diet (reduced in meats, fish, cheese, milk, etc.) is of benefit in preventing or diminishing the attacks, unless contraindicated by the low vitality of the patient. Remedies are for the most part unreliable, and should be used only under the directions of the physician. Many of these remedies contain some form of cocaine and their continued use may establish the habit or injure the nervous system."

A WAIL FROM SPRINGFIELD

A. R. H.

From Bethlehem I've just returned
Where, free from nature's ills,
I spent the furlough I had earned---
And now I'm taking pills!

That mountain air! Those views so rare!
Th' invigorating breeze!--
Were balm to me:--- would I were there,
For here,---I sneeze and sneeze!

Whene'er I think of Agassiz,
With Lafayette so nigh:---
Again I'd on its summit be---
But that's not why I cry!

Those walks and drives; the pleasant folk;
The evening pastime gay---
Such mem'ries would I fain invoke
If they'd my weeping stay!

Just thirteen happy days were mine
Before the dream dispelled;
A restful, health-restoring time---
And now my head is swelled!

Nor care I, be it cold or hot,
The weather yet in store---
An optic-nasal drought is what
I han(d)ker-chief-ly for !

Oh ! Bethlehem ! Could I but dwell
With the^e near mountain crest,
I'd bid Hay-Fever soon farewell---
And give my head a rest !

That cannot be, however much
I wish it now, alas !
For duty's clutch (with fever's touch)
Keeps me in Springfield, Mass.

THE MASTER SNEEZER

By Miriam Teichner

Many thanks for the membership card.
(Kerchoo !)
I had thought all but sneezers were barred.
(Kerchoo !)
But I like them enough
To put up a bluff ;
Yes, even take snuff.
(Kerchoo !)
I shall practice my sneeze
(Kerchoo !)
And a bellowy wheeze,
(Kerchoo !)
Until you're impressed
With my class, manifest ;
Until I'm " M. S. 'd, "
(Kerchoo !)
If ever you'd like me to write
(Kerchoo !)
A little sneeze-ditty, delight
(Kerchoo !)
Will be mine, for I'm proud
To be of the crowd.
So, once again--loud :
KERCHOO !

SNEEZELETS

THE FORTY-THIRD ANNUAL CONVENTION
of the Association will be held at Bethlehem, N. H., in
the White Mountains, on Thursday, August 31, 1916,
at 3 P. M. The program for the public meeting will
include informal discussion and personal experiences
as to places and remedies. An adjourned meeting for

members only for election of officers and other business will be held on Friday, September 1, at 11 A. M.

MEMBERSHIP.---The object of the Association is the seeking for information which will serve to relieve sufferers with Hay Fever. To this end all Hay-Feverites, the townspeople and proprietors of hotels of places exempt from Hay Fever, the manufacturers of remedies for Hay Fever, and especially physicians who have made a study of this disease are invited to become members of the Association, that all may work together for the best results. Expenses of the Association are defrayed by voluntary contributions, and also the annual dues, fifty cents, which are payable on January 1st of each year. One Dollar may be paid for two years. Money orders and postage may be sent to the Secretary-Treasurer, to whom also all other communications should be addressed.

PERSONAL REQUEST.---The Secretary requests members of the Association to detach and fill out and return the history blank on last page promptly after the Hay Fever season closes. Send names and addresses of all Hay-Feverites, who may be interested in our Association, to the Secretary. The Association has quite a collection of pamphlets on the subject of Hay Fever. Members are requested to send to the Secretary copies of any booklets, articles, or clippings which may come to their attention.

..WHERE TO GO..

PLACES VISITED BY MEMBERS

Locality	Exempt	Not Exempt	Partially
Adirondacks, Interior	21	8	8
Ashland, Wis.	3	..	2
Atlantic City, N. J.	1	11	5
Asbury Park	1
Bailey Island, Me.	1
Banff, Can.	3
Barton, Vt.	5	..	2
Bayfield, Wis.	7	..	1
Beach Haven	3	16	8
Bermuda	4
Bethlehem, N. H.	104	23	65
Big Moose, N. Y.	12
Block Island	1	7	4
Blue Mt. Adirondacks	13	..	5
Bretton Woods, N. H.	41	..	2
California	6	7	5
Camp Diamond, N. H.	2	..	2
Campobello	47
Canal Zone, Panama	1
Cape Breton Island	5	..	3
Cape Forchu, N. S.	1
Catskills	2	20	4
Chester, N. S.	2
Colebrook, N. H.	7	5	5
Colorado	3	6	3
Connecticut Lakes, N. H.	3
Coreys, N. Y.	1
Crawford's, N. H.	11	1	2
Digby, N. S.	13	2	6
Dixville Notch, N. H.	52	..	6
Duluth	1
Eagle's Nest, N. C.	19
Eagle's Mere, Pa.	1	8	6
Eastport, Me.	5	3	9
Estes' Park, Col.	1
Europe, generally	17	..	2
Fabyans, N. H.	45	..	3
Fire Island	2	8	6
Franconia	6	2	9

The report blank for use in correcting this list is found on page 38.

WHERE TO GO—Continued

Locality	Exempt	Not Exempt	Partially
Georgian Bay, Can.	5
Glen Ayre, N. C.	11
Grime's Hill, Staten Island, N. Y.	1
Halifax, N. S.	5	5	6
Hot Springs, S. Dak.	19
Indian Lake, N. Y.	1
Isphening	1
Jefferson, N. H.	28	3	15
Jefferson Highlands, N. H.	6	..	4
Keene Valley	3	4	5
Kane, Pa.	39
Kineo, Maine	22	..	4
Kingfield, Maine	3
Lake Kezar, Maine	1	1	..
Lake Clear, N. Y.	1
Lake Placid, Adirondacks	10	9	11
Lewiston, Mont.	1
Lake Mahopac, N. Y.	1
Littleton, N. H.	1	6	3
Loon Lake, Adirondacks	4	..	2
Lu Cheneaux	1
Mackinac Island	10	5	14
Marquette	4	2	7
Martha's Vineyard	2	9	3
Montreal	3	7	6
Mt. Gretna, Pa.	1
Montrose, Pa.	2	..	1
Muskoka Lakes, Canada	10	2	9
Nantucket	1	8	..
No. Woodstock, N. H.	1
Norfolk, Conn.	1
Ocean Grove, N. J.	1
Ocean Beach, Fire Island	3
Ocean Voyage	3
Old Forge Lake	27
Petosky	4	9	11
Point of Woods, L. I.	1
Port Jervis, N. Y.	1
Prince Edward Island	10
Quebec	2
Rangeley Lakes	21	2	12

NOTE.---Since conditions at the above places are subject to change, members are urged to report annually the results of visits at these places or others not mentioned herein.

WHERE TO GO—Continued

Locality	Exempt	Not Exempt	Partially
Randolph, N. H.	1
Sandy Cove, N. S.	1
San Diego, Cal.	2	2	3
San Francisco	4	6	..
Saranac Lake	5
Sault Ste. Marie	6	..	3
Sebastian, Fla.	1
South Woodbury, Vt.	1
St. Andrews, N. B.	13	2	5
Sugar Hill, N. H.	8	3	8
Summerside, P. Edw. I.	2
Superior, Wis.	2	..	1
Twin Mountain	13	..	5
Thousand Ids, N. Y.	1
Twilight Park, N. Y.	1
Tampa, Fla.	1
Upper Bartlett, N. H.	1	1	..
Welaka, Fla.	1
Whycocomagh, N. S.	1
Willoughby Lake	4
Yarmouth, N. S.	11	1	2

FLOWERS AND HAY FEVER

Although flowers are beautiful to look upon and are no source of discomfort to the majority of summer visitors, it will be found that the cultivation of flowers in exempt Hay Fever districts, and the placing of flowers on dining room tables, are sources of great discomfort to Hay Fever sufferers. Visitors who are free will cooperate with hotel keepers who are interested in the comfort of all his guests. Cultivation of corn fields should also be avoided in places catering to Hay-Feverites. Hay Fever patronage is the best crop that can be raised in an exempt locality.

LOCAL ORDINANCES

Anti-Weed ordinances are on the books of most municipalities. Let every Hay-Feverite write to his local Board of Health urging enforcement of the law before the blossoming period arrives. This will relieve the distress of many sufferers. Simply by calling attention to the matter through the newspapers will help in many cases. A model law for cities, towns or states will be sent on request.

[From "Weekly Bulletin of the Department of Health," N. Y. City, New York series, Vol. V. June 17, 1916.]

Sec. 221. Growth of Poison Ivy and Rag Weed Prohibited.---No person owning, occupying or having charge of any lot or premises in the City of New York shall cause, suffer, or allow poison ivy, rag weed or other poisonous weed to grow therein or thereon in such manner that any part of such ivy, rag weed, or other poisonous weed shall extend upon, overhang, or border upon any public place, or allow the seed, pollen, or other poisonous particles or emanations therefrom to be carried through the air into any public place. (As adopted by the Board of Health, June 30, 1915.)

(*Simpler Speling*)

When Other Refuje Fails Try Placid

HUNDREDS who hav tryd the most famus resorts get relief as no wher els at Lake Placid, universally recognized as most beautiful of 100 resorts in New York's 4,000,000 acre State Park, the world famus Adirondaks. In the Northeast corner, with wind usually southwest, 20 times a minit the lungs fil with air filterd thru 4,000,000 acres of balsam and pine, wher ther ar no cities or factories to pollute. This combines tonic of hy altitude, 1900 feet, with softness of suthern pines. Even the first hours of one's stay proves the marvelous carактер of the 'best climate on erth;' the verdict it has won from thousands.

Stray rag weed, goldenrod or other vegetation under suspicion is carefully eradicated by influential Hay Feverites. The village keeps down street dust by liberal sprinkling with oil.

Each year more people declare Placid their safest refuje. Proof of its superlativ merit is that the most famus and successful of American mountain clubs was located here in 1895, after thoro canvass from Quebec to New Orleans and from Halifax to Santa Barbara by its comiti of Hay Feverites, who had expert medical and scientific advice in choosing from all America the very best place for the new Club Home. From 30 the first year, it grew to 900 guests at once and now has 255 bildings on its 7000 acres. For Hay Fever victims, besides Lake Placid Club, scores of hotels and boarding houses from cheapest to best, meet all needs. Both trunk line railways, N. Y. C. and D. & H., now run hy grade thru expres trains, both nyt and day.

ADDRES

Board of Trade,

LAKE PLACID, - NEW YORK

If You Would Escape HAY FEVER GO TO BERMUDA

"Nature's Fairyland"

The salutary effect of the soft, salt air in combination with brilliant sunshine and a charming, reposeful environment, is immediate

The healthfulness of the Bermuda Islands is as renowned as their beauty. Here you may indulge in all Summer sports or view the marvels of Bermuda's wonderful caves and sea-gardens or you may ride, drive and wheel over the world's finest white coral roadways through a veritable Fairyland of loveliness.



Overlooking Great Sound
[Paget, Bermuda]

**GOLF—TENNIS—BASEBALL—CRICKET
SAILING—BATHING—FISHING—CYCLING**

Cooler than Middle Atlantic Coast Resorts

Send for low-cost Summer tour booklet giving full costs and descriptions of tours which include all expenses covering steamship, hotel and all side trips, ranging from 8 days upward.

S. S. "Bermudian"

Twin Screw—10,518 Tons Displacement Safety, Speed, Comfort
Sails Alternate Wednesdays and Saturdays

QUEBEC STEAMSHIP CO., 32 Broadway, New York
or any Ticket Agent

Maplehurst



A homelike hotel, giving its guests the best service and a particularly good table with an abundance of well cooked food. Rooms all light, good size and all modern conveniences.

Hotel accommodates 75 guests

Rates: \$12 and up per week

Illustrated booklet sent on request

William A. Rowe & Co. Bethlehem, N. H.

The Mount Washington and Cottage Annex

Bethlehem, New Hampshire

A short distance from Main Street.

Good Accommodations

Near 18-hole Golf Course and
Baseball Park

TENNIS

CROQUET

R. N. GORDON, Propr.

All Members of the United States Hay Fever Association

are privileged to borrow our complete VAPORATOR TREATMENT for five days FREE OF CHARGE.

The superior merit of this WONDERFUL TREATMENT—the relief it will give you, can be demonstrated in its five days use as offered. Knowing what it has done, we are willing to send you the complete Treatment, ready for use, on absolute five days FREE TRIAL.

It will quickly heal the irritated membrane and prevent the penetration of the pollen into the mucous membrane, rendering it less sensitive and more resistant to irritation.

Mail Coupon Now.

If it does not give you the relief you seek, send it back in five days and you will have risked nothing and will be under no obligations to us.

FREE TREATMENT COUPON.

AMERICAN VAPORATOR CO.
DESK A-K—102 N. 5th Ave.,
CHICAGO, ILL.

Gentlemen:

You may loan me the VAPORATOR TREATMENT complete for five days free trial in accordance with your advertisement in the U. S. HAY FEVER ASSOCIATION ANNUAL REPORT.

NAME:.....

ADDRESS.....

Crawford House

Crawford Notch

WHITE MOUNTAINS, NEW HAMPSHIRE

BURRO RIDING TO THE PEAKS

Tenth Annual Tennis Tournament auspices U. S. National Lawn Tennis Association August 2nd and following days. Golf, Tennis, Hunting, Mountain Climbing. The Crawford House is one of the group of

IDEAL TOUR HOTELS.

By act of its Legislature the State of New Hampshire has recently purchased famous CRAWFORD NOTCH in the heart of the White Mountains. The unrivalled location of the CRAWFORD HOUSE is at the very entrance to this wonderful beauty spot.

Season June 24th to October 7th

Address—BARRON HOTEL CO.

Crawford House

CRAWFORD NOTCH, N. H.

..RHINOCULIN..

IN

HAY FEVER

as a prophylactic by preventing the penetration of the pollen into the mucous membrane, rendering the same less sensitive and more resistant to irritation;

as a palliative by alleviating the irritation and healing the inflamed tissues.

The German Hay Fever Association reports success in 72 per cent of all cases treated.

No morphin or cocain

External Application

C. BISCHOFF & CO., Inc.

451-453 Washington Street, N. Y.

The White Mountains

. . . Come to and Stop at . . .



The Columbus

BETHLEHEM. N.H.

where they have a fine view, good beds and good food, *and reasonable rates*

Booklet and terms upon application

H. A. LEWIS, - *Proprietor*

ADIRONDACKS

BLUE MOUNTAIN HOUSE

Blue Mountain Lake, New York

Easily reached by rail and steamer or by automobile. Good roads. Beautiful scenery all the way. View from the house is grand and most beautiful. Elevation 2055 feet.

It is claimed by those who have tried it, to be one of the best places known to get relief and temporary cure from Hay Fever.

Write for booklet of house or for auto route map.

Cottages that will accommodate from two to eight persons each also available if desired.

M. T. MERWIN, *Proprietor.*

STAR LAKE INN

A modern hotel with excellent cuisine and all improvements, located on the shores of Star lake, in its own forest grove.

All Outdoor Sports

Freedom from Hay Fever

Fine Tennis Courts

Opens June 25

Address until that time

JOHN M. SAYLES, 681 Hudson Ave., Albany, N. Y.

After June 25

Star Lake Inn Star Lake, N. Y.

LAKE SIDE HOUSE

JOE'S POND

WEST DANVILLE VERMONT

Pronounced absolutely free from Hay Fever by one of the worst cases of the association.

Boating, Bathing, Fishing, Altitude 1496, Bath, Piano, Genuine Home Table with best of wholesome food daintily served, Fresh Vegetables, Butter, Cream and Eggs from our own farm.

15 miles from St. Johnsbury on the St. Johnsbury and Lake Champlain Railroad.

Buy ticket to Joe's Pond. Trains stop on the farm.

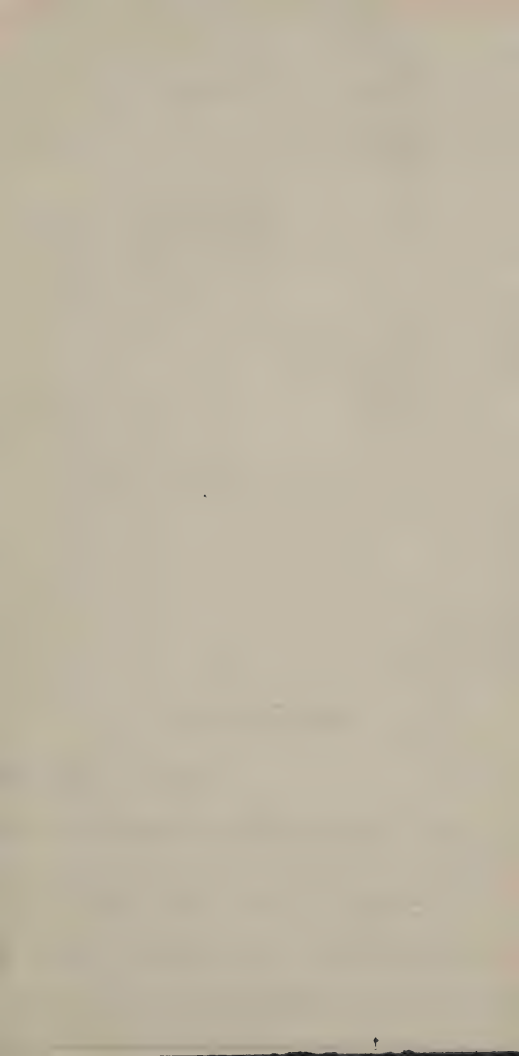
Summer Cottages all around us.

Mail delivered.

Long Distance Phone.

Rates: \$7 to \$10 Per Week

Joe's Pond is one of the most beautiful lakes in the state.



THE UNITED STATES HAY FEVER ASSOCIATION

JOHN R. PINOVER, President
WILLIAM M. PATTERSON, Vice-President
L. B. GACHUS, Secretary-Treasurer,
Bethlehem N. H.

The 43rd Annual Convention will be held
in the White Mountains, August, 1916.

EXECUTIVE COMMITTEE
P. F. JEROME, Chairman
W. H. ALLEE, M. D.
WM. MCAULIFFE
W. H. WARNER
J. G. WILLIAMSON, Jr.

July 6, 1916.

To The Librarian:

I am sending enclosed copy of the Annual Report of the United States Hay Fever Association for your files.

In view of the prevalence of this disease in the months of August and September throughout the country, it would be a kindness to many sufferers if you would call attention to the Report of our Association on your bulletin board.

Appreciating your cooperation in the interest of Public Health, I am,

Truly yours,

L. B. Gachus

Secretary.

The Central House

BETHLEHEM
New Hampshire

In the
White
Mountains

GOLF, TENNIS, CROQUET

Cuisine unexcelled

Write for Booklet

W. J. LEWIS, Proprietor

WE DO NOT CLAIM A CURE

Or even RELIEF IN ALL CASES, but we do offer to return your money in full if you inhale the volatile fumes of and put the

GENUINE DEO

DENNIS EUCALYPTUS OINTMENT

up your nostrils several times each day for Hay Fever and get no relief. This advertisement of ours is run upon the suggestion of one of the members of your association who lives at Wilkinsburg, Pa. For sale by most druggists or mailed direct upon receipt of price

50c Jars and 25c Tubes

DENNIS MANUFACTURING CO.

2648 Stuart St.

BERKELEY, CALIF.

(Mention this paper)

THE PARK VIEW

H. F. HARDY

Proprietor

**Bethlehem, White Mountains,
New Hampshire**

Open June first to October fifteenth.
Five minutes' walk to golf links,
depot, churches and post office.
Electric lights, steam heat and sani-
tary plumbing. Table supplied with
best country produce. Hot and cold
water in eighteen rooms.

Garage room for forty cars.

Booklet on request.

**A Comfortable Home in the
... White Mountains at ...**

HILLSIDE INN

BETHLEHEM, NEW HAMPSHIRE

Rates Moderate

Every Attention

Table will please you

Milk from private dairy

Our Own Garden Vegetables

Illustrated Booklet

L. T. CLAWSON, *Proprietor*

“OUT OF THE BEATEN PATH”

GLENELLIS

A YEAR-ROUND RESORT IN THE
WOODED HIGHLANDS OF THE
RANGELEY LAKE REGION

A Section remarkably free from Hay Fever

Send for Special Hay Fever Booklet and further particulars to

F. E. LESLIE, *Manager*

ANDOVER, OXFORD COUNTY, MAINE

TURNER'S TAVERN

BETHLEHEM, - NEW HAMPSHIRE

Modern and Up-to-Date

RATES

\$3.00 to \$3.50 per Day, \$14.00 to \$25.00 per Week

GEO. H. TURNER, PROP.

THE MOST MODERN, RICHLY FURNISHED AND HIGHEST
CLASS HOTEL IN THE CATSKILLS

"New" Grand Hotel

CATSKILL MOUNTAINS *Altitude 2500 feet*

On "Empire Tours"
Route

NOW OPEN

New State Road
Direct to Hotel

FIREPROOF GARAGE

TELEPHONES IN EVERY ROOM

From 15 to 20 degrees cooler than New York City

AT ALL TIMES

*Climate, Scenery and Location Unequalled Either
in Europe or America*

HAY FEVER, Malaria, fogs, flies and mosquitoes are unknown. SANITARY and HYGIENIC CONDITIONS ABSOLUTELY PERFECT. Drinking water from one of the famous Catskill Mountain Crystal Springs piped through hotel.

CUISINE AND SERVICE OF THE HIGHEST STANDARD OF EXCELLENCE
SUPERIOR GRILLE AND RATHSKELLER. REASONABLE PRICES

Excellent Accommodations for Conventions

Magnificent Ball Room, perfect dancing floor. Special attractions and inducements for the younger set. DANCING AFTERNOON AND EVENING. Prizes given. LADY AND GENTLEMEN INSTRUCTORS. Daily Tea Dansant. No extra charge to guests. Orchestra under the direction of Prof. S. Zaveleff of the Metropolitan Opera House. Concerts twice daily. Prizes given for golf, tennis, billiards, pool and bowling tournaments. Baseball and mountain climbing. Parlor car service from New York City without change. Riding and driving horses under the personal charge of Oscar Hauter of West 58th Street, near 5th Avenue, New York City.

GRAND INAUGURAL BALL 4TH OF JULY EVE.

EXHIBITION DANCING FAVORS GIVEN

HIGH CLASS AUTOMOBILES TO HIRE

DEPOT MOTOR CAR SERVICE

Special rates for families. Rooms singly or en suite.

Transients \$5 a day and up.

For reservations address, call or phone

HARRISON S. DOWNS, *Proprietor*

NEW GRAND HOTEL, CATSKILL MOUNTAINS,

HIGHMOUNT P. O., N. Y.

YARMOUTH, NOVA SCOTIA

NO HAY FEVER

Summer temperature averages 70 degrees at noon; first-class hotels; also good board in town and country; boating, salt and fresh water fishing, hunting, golf, charming drives, excellent roads; regular steamship service from Boston.

WRITE FOR BOOKLET

J. BOND GRAY

Box 129

Sec'y Tourist Committee

ELEVATION 5050 FEET

Eagles' Nest and Camp

Eagles' Nest P. O. Hayward Co., N. C.

Overlooks Waynesville and Lake Junaluska, and over a half mile higher than Asheville, N. C. For scenery, air, water, climate and everything essential for the comfort and enjoyment of its patrons this favorite spot is unapproached. Positively relieved of Hay Fever. No consumptives. No annoyance from unruly children. Booklet on request.

S. C. SATTERTHWAIT, Jr., Prop.

"My family have spent the past twelve seasons with you where my wife is always free from Hay Fever."
(Signed) E. E. McMillan, Knoxville, Tenn.

HAY FEVER

CONVINCING CLINICAL DATA
PROVE VALUE OF

Pollen Vaccine

During 1915, *Lederle's Pollen Vaccine* was used by over 600 Physicians for the prophylaxis and treatment of Hay Fever. The clinical data submitted to us show *83 per cent favorable results from Pollen Vaccine as a prophylactic against Hay Fever, and 89 per cent favorable results in the treatment of Hay Fever.* Asthmatic symptoms were relieved in 84.2 per cent of the cases.

Booklet sent on request

Lederle Antitoxin Laboratories

Schieffelin & Co., Distributors

New York

MEMBERSHIP ACCOUNT

AND APPLICATION

Name.....

Street

City.....

To the U. S. Hay Fever Association, Dr.,

Annual Dues, 50c.

(Send stamps, money order or check payable
to Treasurer. Year begins with January 1.)

Please send information about the Association
to persons below :

Name.....

Street Address.....

City.....

Name.....

Street Address.....

City.....

Name.....

Street Address.....

City.....

(Detach and mail with dues to Secretary)

Personal Report for Year

Name.....

Address Street.....

City.....

Hay Fever for.....years

Season period from.....to.....

Remedy used during past year:

.....

Results

.....

Have Rose Cold.....

Have Asthma.....

Visited places below for relief: Result.

.....

.....

.....

Use separate sheets for additional information if
necessary, and mail to the Secretary with
annual dues, 50c.





MAPLEWOOD HOTEL MAPLEWOOD INN AND COTTAGES

Maplewood, New Hampshire

1 ¼ miles from the Village of Bethlehem, N. H.

ATTRACTIONS

Our own 18-hole private Golf Course, one of the best in New England, known as the Maplewood Country Club. Autoist's best radiatory centre. Garage facilities and automobiles for hire. Excellent orchestra. Daily morning concerts and evening dances. Tennis, Base Ball, Gun Club, Beautiful walks through our own pine groves near the hotel.

Maplewood Hotel accommodating 350 guests,
a high class house

Maplewood Inn accommodating 145 guests,
at moderate prices

Illustrated Booklet sent upon request

Address **LEON H. CILLEY, Manager**
Maplewood, N. H.

Maplewood Hotel is highly recommended for those
suffering from Hay Fever

The Sinclair

Harrington & McAuliffe

Bethlehem - - White Mountains
New Hampshire

Headquarters for United States Hay Fever Association where annual meetings have been held for past forty-two years.

Modern, up-to-date Hotel.

Accommodations for 300. Rates \$4.00 per day
and upwards. Garage.

Bethlehem Country Club

New Club House with steel lockers, shower baths, lavatories for ladies and gentlemen. New 18 hole golf course of 6026 yards. Baseball Grounds, Tennis and all out door amusements.

William McAuliffe, of The Sinclair, President

WINTER SEASON

Hotel Alcazar, Florida East Coast Hotel Co.,
Flagler System, St Augustine, Fla.

William McAuliffe, Manager

Full information given in booklet mailed on request

1180 Broadway, New York City
The BERTHA RUFFNER Hotel Bureau
Hotel McAlpin, New York City

616.202

Un 4

V-44

The United States

Hay Fever Association

Forty-fourth Anniversary Report
Nineteen Seventeen



THE LIBRARY OF THE

FEB 27 1924

UNIVERSITY OF ILLINOIS

The Balsams

Dixville Notch, N. H.

Unique in its situation and unexcelled in its beauty. A high-grade modern hotel, with every comfort, yet set in Nature's wilderness.

We refer with pride to the unparalleled hay-fever record of Dixville Notch as found in the reports of this Association.

The high latitude and altitude (2,000 feet,) the surrounding miles of forest lands, the absence of irritating pollen (no rag-weed) and of all cultivated flowers, the distance from the railroad (10 miles) all combine in making this location "perfection itself" for hay fever sufferers.

Fireproof addition open this season—the only strictly fireproof resort hotel structure in the White Mountain Region.

New fireproof Garage also open this season.

Golf Course—the finest possible combination of natural advantages and skilful construction.

BOOKLET ON REQUEST

CHAS. H. GOULD, Manager

616-202
1244
V. 44

DU PONT, Ltd.

40 West Street, Boston, Mass.

February 7, 1917.

Mr. P. F. Jerome, Chairman

124 East 28th Street, New York.

My Dear Mr. Jerome—I am writing to you in regard to my most satisfactory experience with the Alexogen treatment for hay fever.

I had been a victim for over 12 years when I learned in August, 1915, regarding Hay Fever Alexogen. On August 15th of that year my siege had commenced as usual. After two miserable weeks, or about September 1, I decided to try the Hay Fever Alexogen treatment, and believe me, I am glad I did. I was treated 12 times during the following two weeks, during which period I had practically no hay fever. From that date until frost I had two more treatments and hardly sneezed any during the whole time.

In 1916 I had no symptoms of the old "Dreaded" until August 26th and very light at that. I decided to begin treatment at once and I was most pleasantly surprised to learn that Hay Fever Alexogen was now in capsule form. I took these capsules for about three weeks and to make this short, I didn't have enough hay fever to really call myself a victim.

I have good reason to be thankful to Hay Fever Alexogen, and anyone of you who know as I do, what a distressing thing hay fever is, can realize how grateful I am for being so wonderfully relieved.

Also I feel that every person in the world who suffers as I did, ought to know about this remedy, and therefore I, for one, shall do all that I can to spread the good news.

That is my reason for writing you at this time for I think you are in a position to tell others who are suffering from hay fever.

Yours sincerely,

(Signed) STANLEY S. SMITH.

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—Dr Simmons in the "Medical Review of Reviews."

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Organized 1873

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GREETING FROM THE PRESIDENT

To Our Members:

We submit herewith our annual report with the hope that you will find therein much that is interesting and helpful. Last year those of us who were fortunate enough to visit Bethlehem were afforded almost complete immunity.

Our annual convention was held there and at Maplewood, N. H., and the large attendance and enthusiasm manifested was very encouraging to the officers, and augurs well for the future welfare and success of the Association.

We purpose this summer to hold the Convention at Bethlehem on August 30. The plan of holding a chain of meetings is now under discussion by the executive committee. Notice of other meetings will be given at the Convention. Addresses will be made which should prove most interesting and instructive.

This booklet contains a list of places in which many of our members have found relief and we should be glad to hear of other places not mentioned.

If you cannot attend the Convention and have anything of interest to offer, kindly communicate with the Secretary at Bethlehem, N. H.

JOHN R. PINOVER,

President.

EXTRACTS

From Report of Secretary P. F. Jerome read at the Bethlehem meeting 1915. Republished for the benefit of new members.

A number of new remedies have been suggested to the secretary since the issuance of the printed report. Among these are the Autopoise, Palm Leaf, the Jack Frost Remedy and Antiseptis.

For several years a number of Hay Fever people have been going to Kane, Pennsylvania, for Hay Fever relief. Early in June I was able to set forces in motion which have made Kane a much more desirable place for Hay Fever people. With the cooperation of the Kane Business Men's Association, and the Passenger Department of the Pennsylvania Railroad Company, I succeeded in having an ordinance put into effect in Kane cutting down all the noxious weeds and having the streets well sprinkled. An association has been formed in Kane, of some forty members, of which Charles G. Snyder of Pittsburg is the president. The first meeting of the Pennsylvania branch was also held on August 27 in Kane, Pa. The mayor of the city welcomed the delegates and President Snyder followed the same outline for the experience meeting as at Bethlehem. He reports unusually cool weather and practical freedom for the hay feverites.

Dr. I. R. Boothby of Newark, N.J., who spoke at our New York City meeting in June, reports successful control of a test case of asthma and hay fever up to August 31. J. H. Devoe is the patient and has been sneezing for over sixty years. Dr. Boothby has now over 80 hay feverites in his care.

Dr. Elmer E. Lee of New York City has written an interesting article on hay fever and diet published in the August number of Health Culture. He advises a vegetarian diet.

In September Everybody's Magazine is a new suggestion. It tells of the treatment of Dr. William A. Fitzgerald of Hartford. It relates to nerve control. He illustrates pinching a nerve centre on the toe to relieve toothache. Likewise you may press the hay fever button to stop sneezing.

The association is to be congratulated on the interest it has awakened in the medical profession and it begins to look as if the days of sneezing and sniffing were numbered.

One of our members in New Orleans, Dr. William P. Scheppepegrell, has organized the American Hay Fever Prevention Association and has issued a bulletin during the past month calling attention to noxious weeds and urging care in diet. This society is working through boards of

health in successfully educating the officials to regard hay fever as a preventable disease.

See another part of report for further reports from the Presidents.

This year 1915 completes my sixth year as secretary of the association. In handing over the office and good will to my successor, may I urge loyal support on the part of the members to assist in a work which has as its reward the abolishment of our pet disease.

CONVENTIONS IN 1916

Bethlehem, N. H.

The annual convention of the United States Hay Fever association opened at the Methodist church Thursday afternoon with a public session. The church was filled to overflowing. Opening remarks were made by the president, John R. Pinover, of Brooklyn. Prayer was made by Rev. Dr. Williams of the Congregational church. The greeting was in the form of a poem by Rev. Arthur Wright, pastor of the Methodist church, as follows

WELCOME TO THE SNEEZERS.

From far and wide there comes a band
Who need no horns to blow;
They carry kerchiefs in the hand
To stop the steady flow;
But when at Bethlehem they arrive
Their troubles all are o'er;
You hear them saying: "Sakes alive!
Why didn't we come before?"

I need not tell you who they are,
This band of jolly wheezers;
Their fame precedes them from afar,
We designate them "sneezers."
They come because they have to come,
They stay because they choose to;
While here they make the village hum,
And it gives them the blues to
Think of leaving this fair site,
So now today we greet you,
We welcome each Hay Feverite,
A pleasure 'tis to meet you.

Of course we welcome every guest,
And try to treat him fair;
We think this way is surely best,
And really on the square.
We welcome those from Jersey coast,
Whom sharks have driven hither;

Not 'squitoes now but sharks they boast,
When they're returning hither.
We welcome those from western states,
And also from the border,
And even those beyond our gates,
Where there is much disorder.

We welcome Sue, we welcome Bill,
We welcome Ed and Annie;
We welcome Jack, we welcome Jill,
We welcome Charles and Fannie;
We welcome Tom, we welcome Tim,
Napoleon and Cæsar;
But the heartiest of our welcomes
Is accorded to the sneezer.

This was followed by different papers on the cure of hay fever.

The paper by Dr. T. K. Tuthill of 525 West 162nd street, New York City, on the serum treatment, proved very interesting. After giving a sketch of hay fever, the causes leading up to it, the treatment along the line of immunizing the sufferers against the particular combination of pollens affecting each individual case, and the experiments with the Dunbar serum, he continues as follows:

For a long time and up to very recently the only successful treatment of this malady was a sojourn in an exempt locality, or six feet of mother earth.

During the many seasons I have sojourned with the White Mountain Hay Fever colony, I took advantage of the abundant material there for clinical study of the disease, and from purely clinical evidence arrived at the following four conclusions, vis:

First,—Hay Fever is a pollen disease.

Second—Hay Fever is rarely if ever due to a single pollen, but to a combination of different pollens.

Third—It is not the same combination of pollens in each case. But the combination is different in different cases.

Fourth—If a successful treatment is ever arrived at it will be along the line of immunizing the sufferers against the particular combination of pollens affecting each individual case, after determining its particular combination.

I stated these four conclusions to your association at its annual meeting in 1888.

At last these conclusions have been proven to a demonstration.

So you see I am in the comfortable condition of mind one is always in when he can say, "I told you so."

These four propositions having been demonstrated it is evident that the treatment of hay fever is a specialty of high order, requiring pains in determining the particular pollen combination of each case.

Only recently has this been made possible by research work determining the method of testing out "Protein Sensitization" or "Anaphylaxis."

Thus has hay fever at last taken its proper place as a phase of physiological disturbance known as "Anaphylaxis" or condition "Protein Sensitization."

Prior to this discovery various efforts had been made along the line of immunizing treatment, but with little success.

The most important of which was the work of Dr. Dunbar, who in 1903 brought out the Dunbar serum or pollentin. Dr. Dunbar's investigations were very exhaustive and scientific. He positively demonstrated the fact that the disease is of pollen origin. Also he was the first to successfully combine a vegetable protein with an animal serum.

To Dr. Dunbar is due the credit that belongs to a pioneer in any department of research or laudible endeavor; no matter how far his successors may advance beyond him.

The Dunbar serum gave fairly good results in a small percentage of cases, and some degrees of relief in quite a large percentage of cases.

While being far from satisfactory, the results of the Dunbar serum or pollentin were more satisfactory than that of any other line of treatment up to that time, and would probably have been the limit of success to be obtained in the treatment of hay fever, but for the subsequent discoveries, made in the research laboratories, in regard to certain heretofore obscure physiological disturbances due to the condition of "Anaphylaxis" or "Protein Sensitization," which is the name given to disturbed physiological processes due to the introduction of a protein substance into the system by any route other than the alimentary canal.

Hay fever then took its proper place in the category of disorders as a distinct condition of "Protein Sensitization" or "Anaphylaxis," brought about by the absorption of the vegetable proteins, directly into the blood circulation, through the upper respiratory surfaces.

At once the line of treatment by active immunization became clearly indicated; and the method of determining the various combinations of pollen proteins was apparent, although tedious and painstaking in the extreme for the physician. So much so that I have not had the patience or the time to devote to it.

It requires the entire time of the physician who attempts this specialty.

Therefore, as I do not practice this specialty, it is not unethical for me to give these medical facts to the lay public.

I put myself, and the hay fever sufferers who consult me, in the care of a doctor who is mak-

ing a specialty of this treatment and whom I know to be thoroughly scientific and painstaking.

Hay fever as a condition constitutes a very technical subject. Strictly speaking it is not a disease or infection because not of bacterial origin, but a condition of disturbed physiological function of the ultimate cell activities, without tissue change. Nevertheless the lowered body resistance due this condition makes disease complications easy and frequent. These disease complications are secondary to the hay fever condition. Complicating it, but not a part of it. These complications are principally bacterial, and call for specific treatment of their own, the same as when occurring under other conditions.

It was the frequency of bacterial infections in connection with the hay fever condition that misled the great Helmholtz to regard it as of bacterial origin. But we now know it is a disease complicating and secondary to the hay fever condition, made easy by the lowered body resistance to the complicating infection.

The technique of the hay fever treatment is first the preparation of extracts of all the high protein pollens.

This is done by collecting the pollens and grinding them in water with powdered glass, to thoroughly break them up, and liberate their protein. Then passing it through a Berkfield filter to free the extract from everything but the protein content.

Then the solution is standardized by determining the amount of protein in the extract.

This varies greatly in different pollens and in different equal quantities, by bulk, of the same pollen. So that different extracts of the same pollen may contain different quantities of protein to the fluid ounce.

The dose is determined not by the quantity of the extract given but by the amount of the protein content of the extract.

It has been discovered that when an individual is sensitized to any particular protein he will react to that protein when a solution of it is given hypodermatically. The reaction being in proportion to the amount given.

To determine in a hay fever subject the particular pollen proteins he is sensitized to, he is given, by injection, a minute fraction of a drop of a pollen protein extract into (not under) the skin. Generally using the arm for the tests, beginning near the shoulder, making a series of such skin tests with a large number of different pollen protein extracts, in a line down the arm. Some of them will react and some of them will not. Those that react do so in from five to ten minutes. The reaction

shows in the form of slight redness and swelling at the point of injection similar to a small hive.

Those injections that react constitute the individual's combination.

A mixture of those extracts, which react, is made in proportion of the different degrees of reaction of the different extracts, constituting that individual's combination or protein mixture. It is given hypodermically, in gradually increasing doses up to the point of tolerance, at intervals of about a week; requiring on an average 10 to 12 treatments, beginning six or eight weeks prior to the time of the expected attack.

The above constitutes the method of treatment of hay fever by the process of active immunization, being identical in principle to all immunizing treatments of the various manifestations of phases of physiological disturbances due to a protein sensitization commonly denominated an Anaphylaxis. And this is the treatment that not only relieves, but cures hay fever. Because hay fever is that kind of a physiological disturbance.

In case of failure to cure a given case, the failure is not the fault of the system of treatment, but the failure to determine all of the pollen proteins in that individual's particular combination.

Thus you will understand my statement above, that the treatment of hay fever is a specialty of high order and very painstaking.

A word about the variety of hay fever vaccines or extracts that are on the market, made by different manufacturing chemists.

There are quite a few who have been more or less relieved by them. I have heard of no cures by their use.

The principal objection to them is their lack of exactness.

They are a mixture of different pollens; but only by accident can they hit the patient's particular combination. As a rule it is found that these mixtures do not contain all the proteins of the patient's combination, and frequently do contain some not in his particular combination. Therefore they are not exact.

A residence far remote from a specialist is the only rational excuse for using them.

Another objection to some of them is their lack of proper standardization.

Some are standardized by counting the number of pollen grains used in preparing the mixture.

Others by making a mixture to contain a given measure of pollen grains to the fluid ounce.

And some by a given weight of pollen grains to the fluid ounce.

These are very inexact methods. The pro-

tein content of an extract cannot be determined in any of these ways with any degree of accuracy. Because the protein content of 1000 grains would differ in quantity from the protein content of another 1000 grains, as the grains vary greatly in the proportion of their constituents. The same objection obtains against the measuring and weighing methods; for the same reason.

The only exact method of standardization is to determine the amount of protein in a given amount of the extract by determining its nitrogen content.

Then the amount of protein to a dose is a known quantity; and as stated above the dose is not determined by the quantity of the extract given, but by the amount of protein given.

In case of a residence remote from a specialist, it would be well for the subject to make one visit to the specialist to have his or her particular sensitization determined; a sufficient quantity for a season can be forwarded to his or her local physician, with directions for its administration.

In these remarks I have endeavored to make plain as possible the more important points of a very technical subject. If there appears to be a too free use of the personal pronoun, I trust it will be forgiven on the ground that for many years hay fever was a very personal subject with me. And since I have been cured I want to be a missionary to other sufferers, by directing them to the means of salvation, viz, the scientific treatment by active immunization.

A report on "Hay Fever and its Prevention," written by Dr. W. Scheppergrell of New Orleans, president of the American Hay Fever Prevention Association, can be had by addressing the United States Health Service, Washington, D. C., and asking for paper No. 349. The doctor is shortly to prepare another paper on "Hay Fever as Regards Heredity," and requests all members to give him all possible data.

This was followed by an experience meeting and discussion of immune places.

On Friday morning at 10 o'clock occurred the annual meeting, at which the following officers were elected:

President, John R. Pinover of Brooklyn; vice-president, William M. Patterson of New York; secretary and treasurer, Miss L. B. Gachus of Bethlehem; executive committee, P. F. Jerome of New York, chairman, W. H. Albee, M. D., of Ridgefield, Ct., H. P. French of Albany, N. Y., William McAuliffe of Bethlehem, W. H. Warner of Easton, Pa., and J. G. Williams, Jr., of New York.

The president made a strong appeal to all members for their support and help for the coming year.

(By George Frederick Laidlaw, M. D., New York. Read before the American Institute of Homeopathy, June, 1916.)

Under the name, hay fever, I include rose cold and the so-called hyperæsthetic catarrhs, all characterized by intense itching of the eyes, nose and throat, free discharge, the attacks being precipitated by strong odors, dust or pollen. I do not intend to read you a book on the subject, but to tell you of three methods of treatment, little known or not at all known to the general profession, by any or all of which you will be able to give some degree of relief to every case of hay fever or rose cold and permanently cure some of them. These methods are an internal remedy, a local application and the use of faradic electricity.

The internal remedy is the fluid extract of a plant known to modern practice. It appears in no text book on *materia medica* or therapeutics, ancient or modern. The United States Pharmacopœia, the British Pharmacopœia, the French Codex and Prussian Pharmacopœia know it not. On the American prairies the children gather its gummy juice for chewing gum and the burning of this resin contributes to the black smoke of an American prairie fire. This plant is the rosin-weed, *silphium lacianatum*, the compass-plant or pilot-weed, that grows on the American prairie land from Ohio south and west to Texas. It is called the compass-plant because the large lower leaves point north and south; and rosin-wood because of the resinous juice that exudes from the stem. Only in the dispensaries, those useful but unofficial books that glean the stray wheatstalks from odd corners, will you find the name. In the American Electric dispensatory of 1854 is a short note on the plant, stating that it is said to have cured intermittent fever, dry obstinate coughs and heaves in horses. A later edition (1872) adds asthma and pulmonary catarrh. The National Standard dispensatory, 1909, dismisses the plant briefly as possible of use as a local application to scrofulous swellings. In the United States dispensatory, rosin-wood appears first in 1884. It is stated merely that the plant yields an oleo-resin, said to be used by children as chewing gum. This dispensatory refers to an article in the American Journal of Pharmacy, 1881, p. 487, which proves to be an inaugural essay of one, Lemuel Morris, Ph. G., giving a thorough botanical study of the plant but throwing no

light on its usefulness except as the chewing gum aforesaid and that the powdered leaves are used in cattle powders as a diuretic. The only authoritative recommendation of its use in human medicine that I find is an extract from a MSS., entitled *New Remedies*, by Dr. Q. J. M. Goss of Marietta, Ga., published in the *Nashville Journal of Medicine and Surgery*, 1887, xx, 60. Dr. Goss relates several cases of chronic asthma that he cured with equal parts of tincture of the root of rosin-weed and tincture of trifoliata, a teaspoonful three times daily for two months.

For many years, the fluid extract of rosin-weed has been known in my family as a remedy for rose cold and hay fever. This use of it was discovered by my father, Dr. Alexander H. Laidlaw, back in the epizootic days of 1872, when horses were dying of influenza by thousands, all over the United States and Canada. Though he knew it first as a horse medicine, its use seems to be forgotten in veterinary practice for I find no mention of it in the veterinary books, old or new. In my father's practice, this medicine acquired considerable local fame and I still receive a letter or two every summer from distant points inquiring about this miraculous drug. For many years, it was his intention to present this remedy to the profession in proper form, supported by competent testimony; but in a busy life, with many projects unfulfilled, this was never done.

Estimating roughly, about three-fourths of all cases of rose cold and hay fever will be relieved of their symptoms by taking five, 10, 20, or 30 drops of the fluid extract of rosin-weed four times daily, in a little water, after meals and on retiring. It is better to begin 10 days or two weeks before the expected attack; for, in hay fever, as in all periodical diseases, prevention is better than cure and more certain. However, few patients are wise enough to anticipate trouble. Most patients come under treatment when the disease literally is in full blast and most of my observations have been made on the latter class.

Rosin-weed is a harmless herb. It has no effect on the appetite, bowels, skin or nervous system. I have never noted the tonic, diaphoretic or diuretic effects attributed to it in botanic medicine. The only unpleasant effect that I have ever known is nausea after large doses, 60 drops or more, and this in very few patients. Vomiting is rare, is never serious and ceases spontaneously when the stomach is empty of the drug. In regard to permanence of the cure, most patients require it for several seasons. Some need it every season for many years. A few are permanently cured in one season.

The local application is based on a discovery of my own. In hay fever, the symptoms of the eyes, nose and throat are controlled from a sen-

sitive point in the naso-pharynx. Local applications to this point will relieve almost instantly not only the itching of the throat, but also of the eyes and nose and all symptoms of the disease. In some cases, such relief, carried out for several seasons, makes permanent cures.

About the age of 16, I developed a rose cold that began in June and extended into September. A few years later, it began in April and lasted until October. By one of those ironical tricks that fate plays on the wise ones of the earth, the family remedy that cured everybody else gave me only partial relief. It is unnecessary to follow in detail the various experiments made. This was long before the days of Dunbar's pallantin, Holbrook Curtis' ambrosia, the modern vaccines and adrenalin. I did not think cocain was a safe drug and never used it, preferring the hay fever to the cocain habit. In those days, ichthyol was coming into use for all catarrhal mucous membranes and I found that ichthyol, used in a certain manner, relieved the symptoms promptly. On swabbing the naso-pharynx with pure ichthyol, there was a severe burning sensation for a minute or so, but when the burning subsided, there was great relief, not only of the itching throat, but also of the itching of the eyes and nose. That is, in the customary swabbing of the naso-pharynx, we touch a point that controls the whole group of symptoms of the eyes, nose and throat. In those days, the laryngeal and the pharyngeal tonsils were very much to the fore in medical discussions and at first I thought that this point was probably the pharyngeal tonsil of Luschka. However, judging from the location of the most severe burning, the controlling point is rather on the upper surface of the soft palate. The exact location of this point is not of practical importance. If you swab each side of the pharynx with plenty of ichthyol, the contraction of the pharynx will spread the ichthyol over the right territory.

Several years after this, our fellow member, Dr. F. K. Hollister, came in one day and asked me what I knew about hay fever. He had the August form. On learning my experiences with ichthyol, he tried it with success, not only on himself, but also on various patients.

Recent modification of the ichthyol treatment. The ichthyol is effective but it burns severely for a few minutes, and, for this reason, some patients will not endure it. With children it is impossible. Another disadvantage is that it requires the patient to come to the doctor every day or several times a day for the application, though Dr. Hollister tells me of one patient who learned to apply the ichthyol to her own naso-pharynx and, what is more wonderful still, kept up the treatment long enough to get well. In recent years I have found a treat-

ment that is more comfortable than ichthyol, suitable for mild cases of the disease, that can be carried out by the patient himself, as it requires no handling of nasal swabs, an important matter with nervous patients and children. I find that the ordinary spray solution of menthol, eucalyptol and thymol in liquid albolene will relieve many mild cases if applied to a certain area a certain number of times a day. Every doctor uses these oily menthol solutions for the relief of catarrh and hay fever. The reason why every doctor has not discovered for himself the full virtues of this solution is that he did not use it often enough and he did not teach the patient to put it on the right spot. Notice that I did not say that simply spraying the nose and throat with the solution will cure hay fever. I said that there are two conditions essential for success; the solution must be used often enough and it must be applied to the right spot.

Frequency of application. Once or twice a day is insignificant. It must be used every hour or oftener when the symptoms are acute. Here I borrow an idea from the dermatologists who learned long ago from Una that an eczema that resists treatment with an ointment rubbed on twice a day will get well if the same ointment is kept on the skin constantly, day and night. The nose and throat of the hay fever patient require the same constant application of the cure and we come as near as possible to constant application by applying the solution every hour or two.

Methods of application. Such frequent applications are impracticable as office treatments but must be carried on by the patient or some member of the family. Here is the need of a simple and accurate technique by which an untrained hand can get the oil on the right spot. An adroit patient can learn to spray the nasopharynx but even an adroit patient will make mistakes and spray the front of the uvula instead of the posterior nares. I teach patients the following simple technique that avoids mistakes and ensures getting the oil on the right spot.

Taking an ordinary atomizer full of the oil, the patient lies on the back with the head low or on one flat pillow. He must be able to breathe freely through the nostril to be treated. Usually one side of the nose is free and he begins with that side, inhaling the oily spray freely. By remaining lying on the back with the head low, the oil runs backward into the nasopharynx, especially on the upper surface of the soft palate, where it burns a little, but not nearly so much as ichthyol. After two minutes or so, the other side must be treated, but it must first be opened up so that the patient can breathe freely through it. This is done by

turning the head so that the stuffy side is uppermost. In a few minutes this side will open up and the spray can be inhaled through it freely back to the throat. To be thorough, the patient treats each side several times. For the first few days the treatment should be carried out every hour or so. After a few days or a week, mild cases get perfect relief and even severe cases can usually drop to four treatments daily. Such a method is far safer than cocaine, which should never be put in the hands of the patient for any purpose whatever.

For obstinate cases, ichthyol remains the most effective of the local applications. With those adults who can learn to spray the naso-pharynx and who are heroic enough to bear the sharp burning for a few minutes for the sake of ultimate relief, I mix ichthyol with the albolene spray solution, about one-tenth ichthyol. Ichthyol leaves the throat raw and uncomfortable for five minutes or so. For this reason it should not be used as frequently as the menthol albolene solution. Three or four applications daily are usually sufficient. As the ichthyol precipitates quickly, the mixture must be stirred and well shaken before using.

It may be objected that my newly-discovered point in the naso-pharynx is merely the posterior end of the inferior turbinate, as described by Sajous and others long ago; and the spraying of the nasal passages simply benumbs the sensitive areas, anterior, middle and posterior, which are well known to rhinologists. This may be so. At any rate, the method just described makes possible a treatment of these areas in every case. The treatment by the light cautery will always remain a treatment of the skilled specialist in selected cases. Even if my sensitive spot in the naso-pharynx is nothing new, this method will at least place in the hands of the thousands of hay fever sufferers a simple method of relief, whereas the cautery treatment will always be confined to the few.

The third method, the faradic current, has been very effective with some of my patients. Place one electrode on the back of the neck or the dorsal spine and pass the other electrode, a wet sponge or cotton over the eyes, nose or neck or throat for 10 minutes. If the symptoms are severe treat twice daily until relieved; then daily or every three days. In the asthmatic form, faradic electricity is especially valuable. With one electrode on the dorsal spine, exercise all the respiratory muscles, the cervical, dorsal, pectoral and abdominal, for 10 minutes daily. The faradic treatment takes time and trouble, but permanent cures are made more often than with any other treatment.

The nature of hay fever. As an experienced sneezer, let me say a word on what I believe to be a serious error in our conception of the path-

ology of hay fever. In our text books, the disease is described as a catarrhal inflammation, perhaps naturally enough; for the superficial resemblance to catarrhal inflammation is perfect. When you see a patient with eyes red and swollen, overflowing with tears and mucous, burning and sensitive to light, you say at once, catarrhal conjunctivitis. In the nose, the obstructive swelling, the sneezing, the discharge, suggest at once, catarrhal rhinitis. But, stop a moment. Did you ever cure a catarrhal conjunctivitis or a catarrhal rhinitis in three minutes by moving the patient from one room to another? You can do that with hay fever. Remove the patient from the irritating atmosphere, the swelling and redness will subside rapidly, the discharge ceases and in five or 10 minutes you would scarcely know by examining the patient that there was anything the matter with his eyes or nose. By returning him to the irritating atmosphere, the symptoms may return instantly. By removing him again they will rapidly subside. Did you ever see a catarrhal conjunctivitis that acted that way or a cold in the head in which the patient could be cured and catch a fresh cold 20 times a day? I think you never did. A true inflammation requires time, a few hours, for its development and, when an inflammatory exudate oozes into the meshes of the tissue, it requires some days or at least some hours to be absorbed. This one point of rapid appearance and disappearance would forbid our calling hay fever a catarrhal inflammation. Now associate that rapid appearance with the chief symptoms of hay fever, the itching, the intolerable itching of the eyes, nose and throat, itching that ceases at once on the removal of the irritating atmosphere and returns instantly when the irritating atmosphere is reapplied. Turn to the skin, the external mucous membrane. What is the disorder of the skin that appears abruptly, present redness, swelling and intense itching and ceases abruptly after a few minutes or a few hours according to your ability to get rid of the irritating cause: that can be reproduced any number of times by exposure to the same cause? Why, hives, of course, urticaria, angeio-neurotic œdema. And hives or urticaria or angeio-neuritic œdema is not inflammation. It is a vascular spasm, a spasm of the minute vessels that drain small rears of skin, causing local turgescence or exudate, the hive. Just as suddenly as it began, the spasm of the vessels may relax, the swollen area is drained rapidly and the hive disappears, leaving a faint redness. This is exactly the case with hay fever. It is an angeio-neurotic œdema, a vascular spasm. The sudden onset in response to a specific irritant and the sudden disappearance, this is not a catarrhal inflammation. It

is an angeio-neurotic œdema. Those cases of hives that appear quickly after chilling the skin are perfect analogues of hay fever appearing in response to the local irritation of odors and dust. There are cases of hay fever that resemble ordinary hives in being aggravated by certain foods, especially strawberries, acid foods and malt liquors. This has a practical bearing on treatment; for, in some cases, simply excluding these foods from the diet and the administration of alkali gives relief.

Let me add a word on the distinction between palliation and cure of hay fever. I am well aware that a real cure would so change the constitution of the patient that he would no longer be sensitive to the specific irritant, that this sometimes accomplished by careful prescribing of the similar remedy and that the methods of treatment recommended in this paper are mere palliatives. I would point out, however, that, in many cases, symptomatic prescribing has failed to relieve and that hay fever is one of those peculiar neuroses in which palliation or prevention of the attack for a few times may be equivalent to cure. A sea voyage or a few summers in the mountains have cured many cases and I find that a similar palliation or prevention of the attack at home, by rosin-weed or ichthyol or faradism, may break up the periodical return of the attacks and effect just as permanent a cure at home.

The following letter was received by the Secretary and is published so as to avoid any further misunderstanding:

In relation to my proposed paper at the Hay Fever association, there is a misunderstanding about the nature of the remedy. Patent medicines and secret formulas are registered at the New York Board of Health before they are permitted to be sold in New York. The remedy I suggest is not patented and there is no secret about it. It is as if I were telling the association that chamomile tea would relieve them. Now, chamomile tea is not registered at the Health Board and they would not bother with registering it because it is an officinal preparation, described in the Pharmacopœia, procurable in the drug trade and any druggist can make it for himself if he pleases. The rosin-weed that I recommended is exactly the same, simply an extract from a Western herb that is prescribed in the officinal Pharmacopœia, made up by Parke Davis, and Lloyd Bros., and other large manufacturing houses, obtainable in the regular drug trade and any druggist can make it himself if he prefers. I do not make it and have no interest in making it. It is the same with the albolene spray. This is used all over the coun-

try, but I describe a certain way of applying it that is more effective than formerly. I enclose clippings, which please return at your convenience.

Very truly,
(Signed)

GEO. F. LAIDLAW.

NEW YORK CITY MEETING, 1917.

On Friday evening, February 9, the metropolitan members met at the Association Building, 124 East 28th street, Manhattan. In the experience session, a number of members spoke enthusiastically of Hay Fever Alexogen in cases of hay fever and hay asthma. One railroad employee told of complete relief. A letter was read from Stanley S. Smith of Boston, endorsing Alexogen. Several members reported usual relief at Bethlehem and complained of the H. C. L. in the village hotels.

THEORIES AND EXPERIENCE

Neither the association nor its officers endorse all the papers or statements presented at our meetings or in our reports, even though no criticism accompanies. We welcome the results of investigation or study whether of original or compiled character. Enough theories have been exploded in our meetings to have shattered Hay Fever to atoms—or to germs. The explosions have been harmless to Hay Fever, but fatal to the theories. Yet the truly scientific investigator is glad to have a theory exploded that will not stand the test. It excludes it from leading him farther on a wrong scent. There is no better test of Hay Fever theories than to present them at our public meetings. A theory that will stand the test of experiences related there will be welcomed by the scientific and professional world, and particularly by the great army of Hay Fever sufferers and their annually disturbed families and friends.

TAKE NOTHING OF UNKNOWN CONSTITUENTS

Take what you take under the advice of a physician in whom you have confidence. Treatment based on mistaken theories is likely to fail or even injure. Apparent relief for a week or more or even for a season, is not an uncommon experience, but only to be followed by reaction or failure or injury. Therefore the mere suppression of symptoms, apparent or real, for a time, is not necessarily a sure cure or even a safe relief. We have suffered too much from merely tentative or hypothetical treatment, to be hasty in giving trial or endorsement to proposed remedies, especially when they are of unknown constituents, unscientific origin or unprofessional secrecy.

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1874	W. M. Davis, Syracuse.
1874—1877	Hon. Frank B. Fay.
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1906—1910	Wm. M. Patterson, New York.
1910—1916	P. F. Jerome, New York.
1916—	L. B. Gachus, Bethlehem, N. H.

APPRECIATION

Advertisers—On request to any firm, members may secure the names and addresses of persons who claimed to have been helped, and further details. To those members who can only find relief in change of climate, we heartily commend the Hotels listed herein as especially suitable. Please mention this Report when writing to our friends, the advertisers.

GENERAL INSTRUCTIONS FOR HAY FEVER SUFFERERS.

As August and September are the most serious months for hay fever, the American Hay

Fever Prevention association has issued the following general instructions for hay fever sufferers:

All cases of hay fever are due to the inhalation of pollen, the majority of these being due to useless weeds. The cases that develop before August are caused chiefly by the pollen of neglected grasses and of spring and summer blooming weeds.

The principal causes of hay fever cases developing in the fall are the various form of rag-weeds, whose capacity for distributing pollen is measured by the hundred millions. The most common forms of this weed are, the common rag-weed (*Ambrosia artemisiæfolia*) found in the greater part of the United States east of Kansas; the giant rag-weed (*Ambrosia trifida*) growing in moist areas of this section, and the western rag-weed (*Ambrosia psilostachya*) principally found west of Kansas.

While the rag-weeds are the chief causes of fall hay fever, there are other weeds, such as the marsh elder (*Iva axillaris*), etc., which flower at this season, so that all weeds should be treated alike to insure safety against hay fever.

In order to avoid hay fever, persons susceptible to it should see that the neighborhood of their residence is free of tall grasses and weeds, and especially of rag-weeds. The three squares in each direction should be inspected, and if weeds are found, the owners should be urged to have them cut at once. Where this is refused, these cases, in the interest of general sanitation, should be reported to the Health authorities for violating the grass-weed ordinance. Where no such law exists, efforts should be undertaken to have such a law passed as soon as practicable.

In cases in which the above cannot be carried out, it is sometimes preferable to have the weeds in the immediate neighborhood cut at one's own expense than suffer the torture of a prolonged attack of hay fever from this neglect. It must be remembered, however, that pollen scatters rapidly when borne by the wind, and a single lot full of weeds in the same square may be more irritating than an acre at a distance of several squares.

Where the neighborhood cannot be cleared of hay fever weeds, the next consideration is a temporary change of residence. The American Hay Fever Prevention association is in constant receipt of letters inquiring for the best resorts for hay fever sufferers. The majority of mountain and seaside resorts, unfortunately, are infected with hay fever pollens, so that visits to these places in the hope of getting relief are usually disappointing. A careful investigation should always be made and, unless

it is found that all weeds and high grasses are systematically cut, such places should be avoided.

As hay fever is due to pollen of neglected weeds, a temporary visit to a more central part of the home town, at a sufficient distance ($\frac{1}{2}$ mile) from such weeds, will usually give entire relief.

Persons susceptible to hay fever should avoid renting or buying property in a neighborhood with neglected grass and weeds. This practice would probably be of effective assistance in correcting such neglect.

Hay fever sufferers should avoid unnecessary exposure to pollen. Roads passing near sections full of grass and weeds while in bloom, are usually full of pollen which is inhaled with the dust. An hour of pleasant driving may therefore result in a night of suffering.

Constitutional conditions have been found to have little influence except as a predisposing cause. The real cause of hay fever is the inhalation of pollen, and the avoidance of this means no hay fever.

The prevention of hay fever is fundamentally a simple proposition. It means the enactment and enforcement of an ordinance to cut grass and weeds. The efficiency of this has been shown in New Orleans, La., Asheville, N. C., and a number of other cities where hay fever is on the disappearing list. Another year should see similar effects in the majority of towns and cities.

W. SCHEPPEGRELL, M. D.,
President American Hay Fever Prevention
Association.

August 7, 1916.

Miss L. B. Gachus, Secretary-Treasurer

The United States Hay Fever Association,
Bethlehem, N. H.

My Dear Miss Gachus—Will you please present the enclosed letter at the meeting of the United States Hay Fever association.

Our success in New Orleans has surpassed all expectations. Last May, I predicted in a lecture on hay fever before the Louisiana State Medical association that we would reduce the number of hay fever cases 50 percent, but we have already reduced it thus far about 75 percent. As the fall hay fever in this locality is due to the giant rag-weed (*Ambrosia trifida*) growing in the suburbs, and as we have had

most of these cut, we expect a still greater improvement in this.

I enclose herewith a report from the New Orleans health officer showing this improvement. Also two samples of letters from hay fever sub-

jects indicating that our efforts are appreciated.
I also enclose a copy of the ordinance which we are recommending, a copy of which has been sent to 238 of the most important cities.

Cordially yours,
W. SCHEPPEGRELL, President.

William T. O'Reilly, M. D.
Superintendent of Public Health.

William H. Robin, Secretary.
Board of Health for the Parish of Orleans
and the City of New Orleans
Municipal Office Building

New Orleans, La., July 1, 1916.

Dr. W. Scheppegrell, President
American Hay Fever Prevention Association.
Audubon Building, New Orleans, La.

Dear Doctor—In response to your inquiry as to the hay fever situation, I would state that the information from every available source shows that the spring hay fever, which has heretofore been very prevalent in New Orleans in May and June, has practically been eliminated this year.

This is due to the enforcement of the grass-weed ordinance, which was presented by your association, presented by this board of health and passed by the New Orleans Commission Council last January. This has resulted in a general clearing up of the grass and weeds in neglected lots and sidewalks, especially in the suburbs. The few cases of hay fever that were reported were found in localities where the ordinance had not yet been effective.

I believe that a continuation of these efforts will practically eradicate hay fever from New Orleans.

Very truly yours,
(Signed) W. T. O'REILLY, M. D.
Superintendent of Public Health.

New Orleans, July 31, 1916.

Dear Dr. Scheppegrell—I am enclosing herewith my check to the order of the Louisiana State Hay Fever Prevention association. My appreciation of the good work accomplished by the association is not measured by the size of my contribution; were I to attempt to do so, it would bankrupt me.

Yours sincerely,
(Signed) GEORGE P.

New Orleans, August 3, 1916.

Dr. W. Scheppegrell,
844 Audubon Building, New Orleans, La.

Dear Doctor—I am a staunch "advocate of the weed theory." I know that it has been many a

year since I have had so wonderful a summer—almost wholly free of the sneezes and their concomitants. This is a testimonial well worth having, for, as you may not know, I am a master of arts in Sneezology, having for several years held the post of expert sneezer to the Royal House of G..... Yes, sir, I can sneeze in arpeggios, staccati, yea, even in chromatics. I can sneeze adagio, andante, or presto. I can sneeze piano, mezzo forte, or fortissimo. Indeed, I can do such bravura work as sneezing prestissimo with a wheezing obbligato. I can.....but no! It will sound conceited to continue to enumerate my Sneezeological achievements.

Yours gratefully,

HARRY B.....L.....

August 7, 1916.

The President, Officers and Members of the United States Hay Fever Association.

Dear Friends—I have prepared an illustrated booklet on "Hay Fever and Its Prevention" which has been published by the United States Department of Public Health, and a copy of which has been sent to the president and secretary of your association. Free copies may be obtained by all the members by applying to the United States Department of Public Health at Washington, D. C.

The report describes the investigations by means of which we have established the relationship of certain weeds to hay fever, the illustrated descriptions (two in colors) of these weeds and directions for preventing and eventually eradicating hay fever.

I am now preparing a second report, in which special consideration will be given to the effects of heredity, the various hay fever seasons in the United States, and its geographical distribution. As I know that all the members are vitally interested in this subject, I would request them to assist by supplying this information.

For this purpose, the members are requested to furnish the information indicated on the enclosed list. Names are not necessary, simply the initials to indicate the sex. In case the members have the data of others subject to hay fever, these may be entered. This report completed and analyzed will be presented at your next meeting.

Trusting that your association will have a successful and pleasant reunion and hoping to have the pleasure of attending on a future occasion, I am,

Cordially yours,

W. SCHEPPEGRELL, President.

MEMBERSHIP—The object of the association is the seeking for information which will serve to relieve sufferers with hay fever. To this end all Hay-Feverites, the townspeople and proprietors of hotels of places exempt from hay fever, the manufacturers of remedies for hay fever, and especially physicians who have made a study of this disease are invited to become members of the association, that all may work together for the best results. Expenses of the association are defrayed by voluntary contributions, and also the annual dues, fifty cents, which are payable on January 1st of each year. One dollar may be paid for two years. Money orders and postage may be sent to the secretary-treasurer, to whom also all other communications should be addressed.

PERSONAL REQUEST—The secretary requests members of the association to detach and fill out and return the history blank on last page promptly after the hay fever season closes. Send names and addresses of all Hay-Feverites, who may be interested in our association, to the secretary. The association has quite a collection of pamphlets on the subject of hay fever. Members are requested to send to the secretary copies of any booklets, articles, or clippings which may come to their attention.

...WHERE TO GO...

PLACES VISITED BY MEMBERS

Locality	Exempt	Not Exempt	Partially
Adirondacks, Interior	21	8	8
Ashland, Wis.	3	..	2
Atlantic City, N. J.	1	11	5
Asbury Park	1
Bailey Island, Me.	1
Banff, Can.	3
Barton, Vt.	5	..	2
Bayfield, Wis.	7	..	1
Beach Haven	3	16	8
Bermuda	4
Bethlehem, N. H.	110	23	70
Big Moose, N. Y.	12
Block Island	1	7	4
Blue Mt. Adirondacks	14	..	6
Bretton Woods, N. H.	41	..	2
California	6	7	5
Camp Diamond, N. H.	2	..	2
Campobello	47
Canal Zone, Panama	1
Cape Breton Island	5	..	3
Cape Forchu, N. S.	1
Catskills	2	20	4
Chester, N. S.	2
Colebrook, N. H.	7	5	5
Colorado	3	6	3
Connecticut Lakes, N. H.	3
Coreys, N. Y.	1
Crawford's, N. H.	11	1	2
Digby, N. S.	13	2	6
Dixville Notch, N. H.	52	..	6
Duluth	1
Eagle's Nest, N. C.	19
Eagle's Mere, Pa.	1	8	6
Eastport, Me.	5	3	9
Estes' Park, Col.	1
Europe, generally	17	..	2
Fabyans, N. H.	46	..	4
Fire Island	2	8	6
Franconia	6	2	9
Florida	2	..	2
Georgian Bay, Can.	5
Glen Ayre, N. C.	11
Grime's Hill, Staten Island	1

The report blank for use in correcting this list is found on page 34.

WHERE TO GO—Continued

Locality	Exempt	Not Exempt	Partially
Halifax, N. S.	5	5	6
Hot Springs, S. Dak.	19
Indian Lake, N. Y.	1
Isphening	1
Jefferson, N. H.	28	3	15
Jefferson Highlands, N. H.	6	..	4
Keene Valley	3	4	5
Kane, Pa.	39
Kineo, Me.	22	..	4
Kingfield, Me.	3
Lake Kezar, Me.	1	1	..
Lake Clear, N. Y.	1
Lake Placid, Adirondacks	10	9	11
Lewiston, Mont.	1
Lake Mahopac, N. Y.	1
Littleton, N. H.	1	6	3
Loon Lake, Adirondacks	4	..	2
Lu Cheneaux	1
Mackinac Island	10	5	14
Marquette	4	2	7
Martha's Vineyard	2	9	3
Montreal	3	7	6
Mt. Gretna, Pa.	1
Montrose, Pa.	2	..	1
Muskoka Lakes, Canada	10	2	9
Nantucket	1	8	..
No. Woodstock, N. H.	1
Norfolk, Conn.	1
Ocean Grove, N. J.	1
Ocean Beach, Fire Island	3
Ocean Voyage	3
Old Forge Lake	27
Petosky	4	9	11
Port Jervis, N. Y.	1
Prince Edward Island	10
Quebec	2
Rangeley Lakes	21	2	12
Randolph, N. H.	1
San Francisco	4	6	..
Sandy Cove, N. S.	1
San Diego, Cal.	2	2	3
Saranac Lake	5
Sault Ste. Marie	6	..	3
Sebastian, Fla.	1
South Woodbury, Vt.	1
St. Andrews, N. B.	13	2	5

NOTE—Since conditions at the above places are subject to change, members are urged to report annually the results of visits at these places or others not mentioned herein.

WHERE TO GO—Continued

Locality	Exempt	Not Exempt	Partially
Sugar Hill, N. H.	8	3	8
Summerside, P. Edw. I.	2
Superior, Wis.	2	..	1
Twin Mountain	13	..	5
Thousands Islands, N. Y.	1
Twilight Park, N. Y.	1
Tampa, Fla.	1
Upper Bartlett, N. H.	1	1	..
Welaka, Fla.	1
Whycocomagh, N. S.	1
Willoughby Lake	4	..	2
Yarmouth, N. S.	11	1	2

FLOWERS AND HAY FEVER

Although flowers are beautiful to look upon and are no source of discomfort to the majority of summer visitors, it will be found that the cultivation of flowers in exempt hay fever districts, and the placing of flowers on dining room tables, are sources of great discomfort to hay fever sufferers. Visitors who are free will cooperate with hotel keepers who are interested in the comfort of all his guests. Cultivation of corn fields should also be avoided in places catering to Hay Feverites. Hay fever patronage is the best crop that can be raised in an exempt locality.

LOCAL ORDINANCES

Anti-Weed ordinances are on the books of most municipalities. Let every Hay Feverite write to his local board of health urging enforcement of the law before the blossoming period arrives. This will relieve the distress of many sufferers. Simply by calling attention to the matter through the newspapers will help in many cases. A model law for cities, towns or states will be sent on request.

EXPERIENCES

The first part of August, 1915, I left for California, visiting Los Angeles, San Diego and San Francisco, and returned through the Canadian Rockies. I had no hay fever at all in San Diego and very little at any of the other places, except while on the train. I think this

part of the country is too well known to need any description as to how to reach it, and the rates for living there are whatever one chooses to pay. I am expecting to return to California this coming season and will probably spend most of the time in San Diego and vicinity.

Last season I spent at Wequetonsing, Mich. This country is famous as a hay fever resort and is frequented by a large number of Hay Feverites during the season, but for some reason or other, nearly everyone had more or less hay fever there last season. Wequetonsing is on Little Traverse Bay and is reached by the G. R. & I. Railway, (Pennsylvania System) being six miles from Petoskey, the latter point being on the main line between Mackinaw and Grand Rapids. Room and board can be obtained here at very reasonable rates; and with the exception of a very few days, a large majority of the hay fever guests were very comfortable.

For a country that caters to hay fever sufferers, they pay very little attention to the oiling of their roads or weed growths, and I believe that both of these causes contribute, to some extent at least, to the inconvenience of hay fever guests.

Yours truly,

G. S. McC.

H. D. Spree took Lederle Vaccine treatment—Came to Bethlehem convention to tell the friends about it; returned home September 9; had slight attack and was free from any return rest of the season.

C. B. finds relief at North Conway, N. H.

Went to Bethlehem for 18 years and always relieved there. Last three years remained in Tampa, Fla., and to my surprise found same relief.

—J. M., Tampa, Fla.

Went to nose specialist who said nothing wrong except nerves—causing disturbance with mucous membrane. Put on a diet of white meat of chicken, and fish. No pastries, no eggs. Cereals, cream and vegetables. Less solid food I take the better I am. I know of one man who went for days eating nothing but watermellon and drinking water. Hay fever seemed to leave him almost entirely.

In summer of 1915. I was in Southern California from first of June to middle of July. Had no hay fever. I went to Prescott, Ariz., until first of September and felt it there a very little. In Pueblo, Col., I was quite bad. In Denver it seemed to leave me about the second

day. On my return home, (North Bend, Neb.) had it from latter part of September for about a month just as I usually have it —H. M. S.

Last year I spent from about August 13 to September 9 at Back Log Camp on Indian Lake, about 10 miles from Indian Village and 30 miles from North Creek railroad station in the Adirondacks, N. Y. Was practically free from hay fever while there, though engaged in boating, bathing, fishing and tramping. Rates are \$15 per week per person, which includes use of boats, of which there is a large supply, free supply of fire wood for the camp fire that each tent may have. Tents are supplied with board floors. Boarders furnish their own blankets and pillows. Trips are planned almost daily, in which all are invited to go, and the most healthful open air life exists. The place is reached by Delaware & Hudson railroad to North Creek, and then automobile stage to Lake and launch on Lake. I was so favorably impressed with the effect of the open air life on hay fever that I would be glad if you have any information as to any other tent camp in the Adirondacks or White Mountains, to be advised of it, as while desiring to try a different location this year, would like to enjoy tent life and avoid dusty, close houses.

Yours truly,

S. H. V.

MEMBERSHIP ACCOUNT AND APPLICATION

Name.....

Street.....

City

To the U. S. Hay Fever Association, Dr.

.....**Annual Dues, 50c.**.....

(Send money order or check payable to Treasurer. Year begins with January 1.)

Please send information about the Association to persons below:

Name.....

Street Address.....

City

Name.....

Street Address.....

City

Name.....

Street Address.....

City

(Detach and mail with dues to Secretary)

Personal Report for Year.....

Name.. ..

Address Street... ..

City

Hay Fever for.....years

Season period from.....to.....

Remedy used during past year.....

Results

Have Rose Cold

Have Asthma

Visited places below for relief: Result.

Use separate sheets for additional information if
necessary, and mail to the Secretary with
annual dues, 50c.

(*Simpler Spelling*)

When Other Refuje Fails Try Placid

HUNDREDS who hav tryd the most famus resorts get relief as no wher els at Lake Placid, universally recognized as most beautiful of 100 resorts in New York's 4,000,000 acre State Park, the world famus Adirondaks. In the Northeast corner, with wind usually Southwest, 20 times a minit the lungs fil with air filtered thru 4,000,000 acres of balsam and pine, wher ther ar no cities or factories to pollute. This combines tonic of hy altitude, 1900 feet, with softness of suthern pines. Even the first hours of one's stay proves the marvelous caracter of the best climate on erth; the verdict it has won from thousands.

Stray rag weed, goldenrod or other vegetation under suspicion is carefully eradicated by influential Hay Feverites. The village keeps down street dust by liberal sprinkling with oil.

Each year more people declare Placid their safest refuje. Proof of its superlativ merit is that the most famus and successful of American mountain clubs was located here in 1895, after thoro canvess from Quebec to New Orleans and from Halifax to Santa Barbara by its comiti of Hey Feverites, who had expert medical and scientific advice in choosing from all America the very best place for the new Club Home. From 30 the first year, it grew to 900 guests at once and now has 255 bildings on its 7000 acres. For Hay Fever vctims, besides Lake Placid Club, scores of hotels and boarding houses from cheapest to best, meet all needs. Both trunk lne railways, N. Y. C. and D. & H., now run hy grade thru expres trains, both nyt and day.

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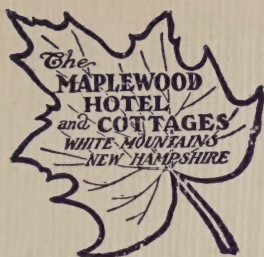
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